FHM

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JANUARY 2011
THE NO. 1 MAGAZINE IN THE PHILIPPINES

JUNGLE FEVER
SURVIVE IN THE WILD

SEX ON THE MEND
8 BONKING ISSUES TO CONQUER
5 NEW MUST-TRY POSITIONS
4 EXPERT TACTICS FOR SPICIER NIGHTS

YOUR DAY COUNTS
BARELY CLOTHED INSPIRATIONS IN ONE HOT CALENDAR

MIX IT UP
THE GUY'S ULTIMATE GUIDE TO COCKTAILS

CREDIT CRUNCH
THE UNWARRANTED BURDENS OF THOSE DEEP IN DEBT

THE BEST AND WORST OF 2011
WHAT YOU'LL EAT, DRINK, WATCH, LISTEN TO AND FEAR STARTING NOW

- CAST EVIL OUT
- NEW ANDROID PHONES
- BE A RESTAURATEUR
- PAUL SORIANO
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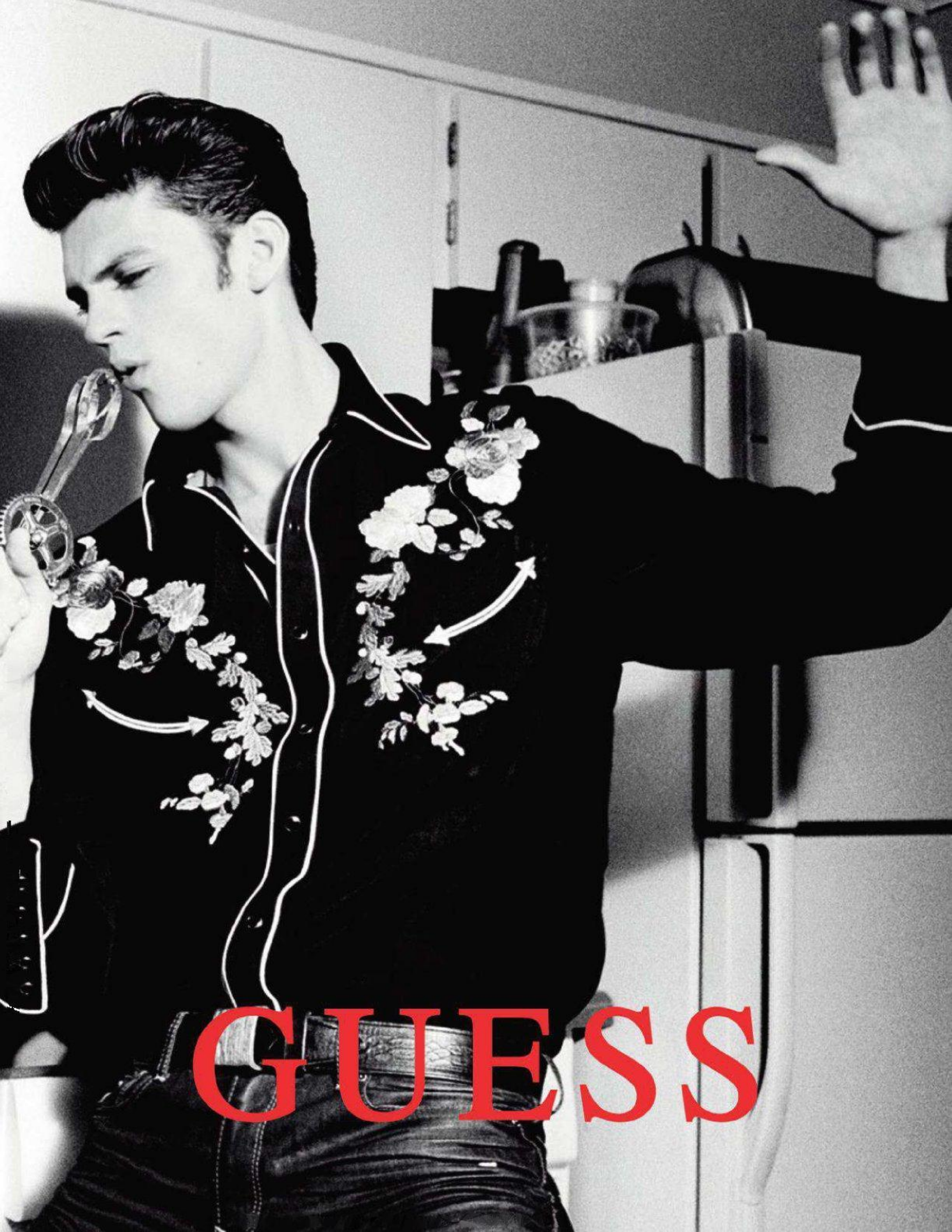
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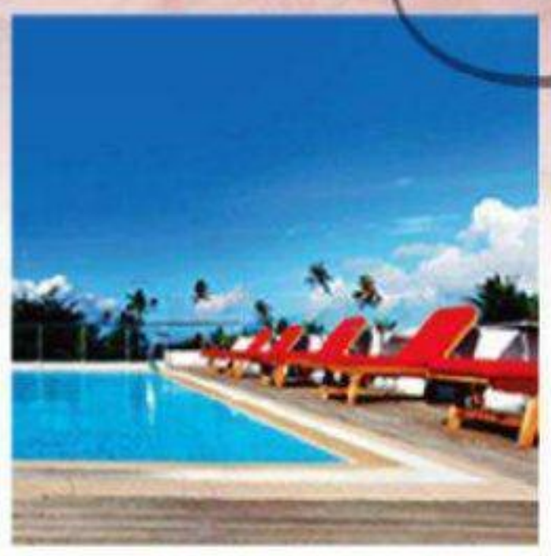

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SOUTH EAST ASIAN AIRLINES

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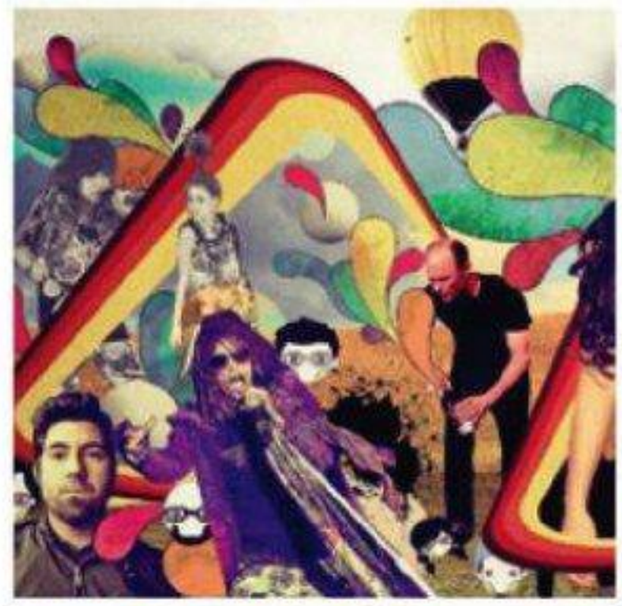
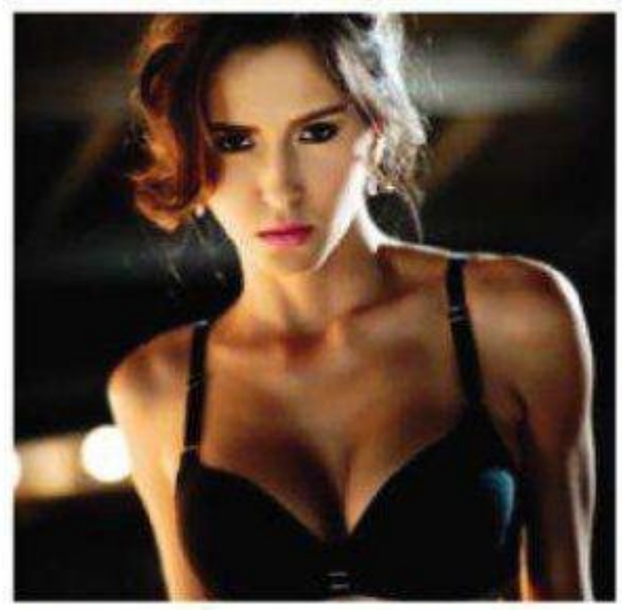
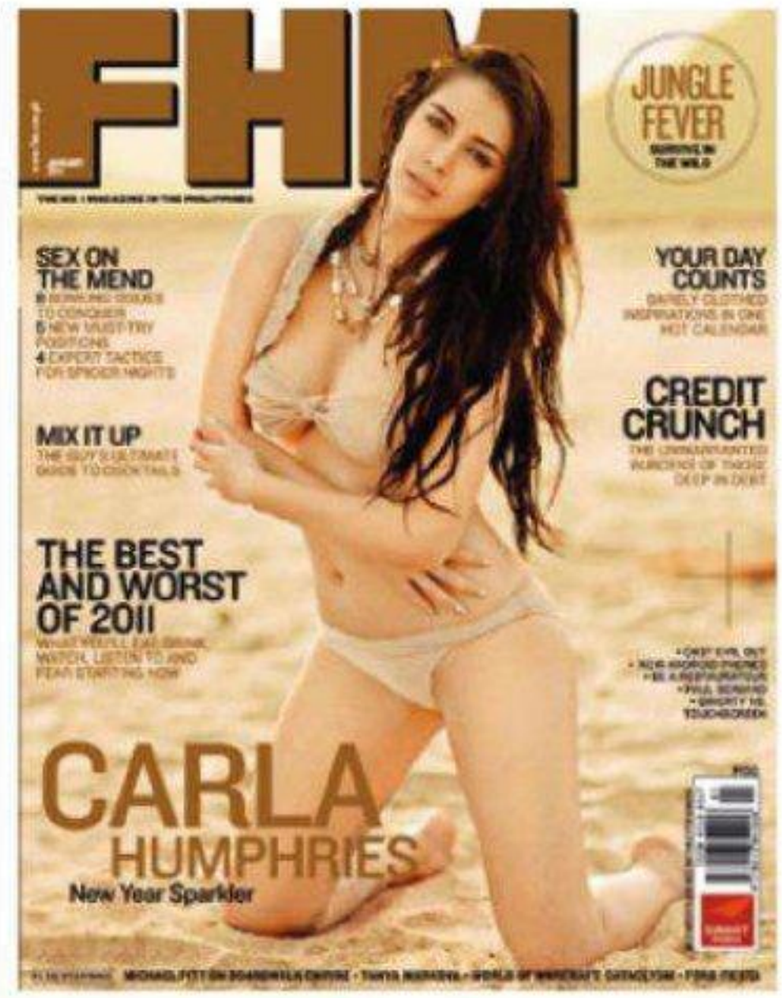
She's Alyssa Alano's half-sister. From Australia. She speaks good English.







46 CARLA HUMPHRIES
It's her first time and we are all too happy to oblige. Because there is nothing more we'd like to see than a woman with newfound confidence. Truly a joy.

PHOTOGRAPHY: DOC MARLON PECJO, PAUL TICZON, NIKO VILLEGAS, ILLUSTRATION: WARREN ESPEJO

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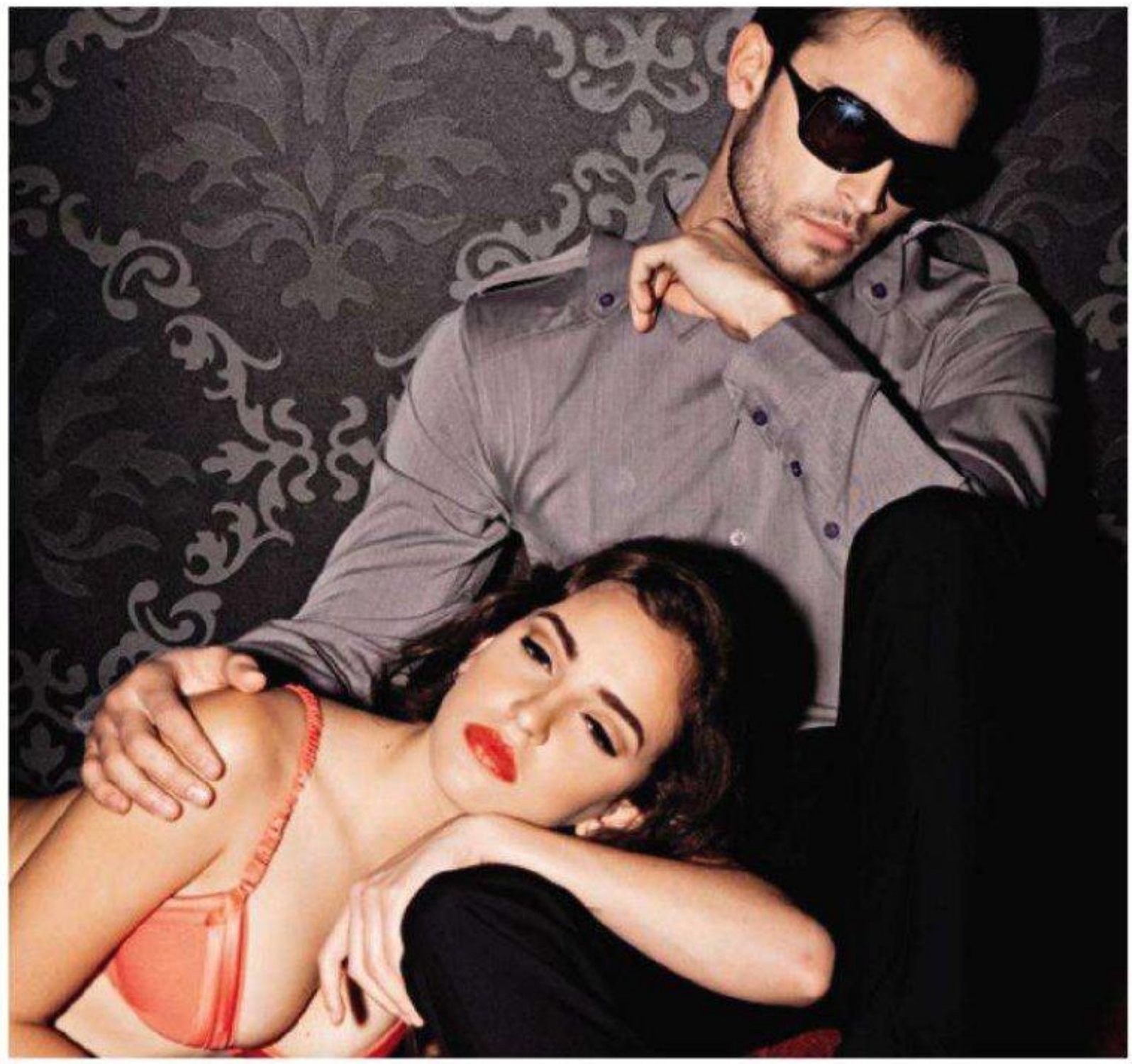

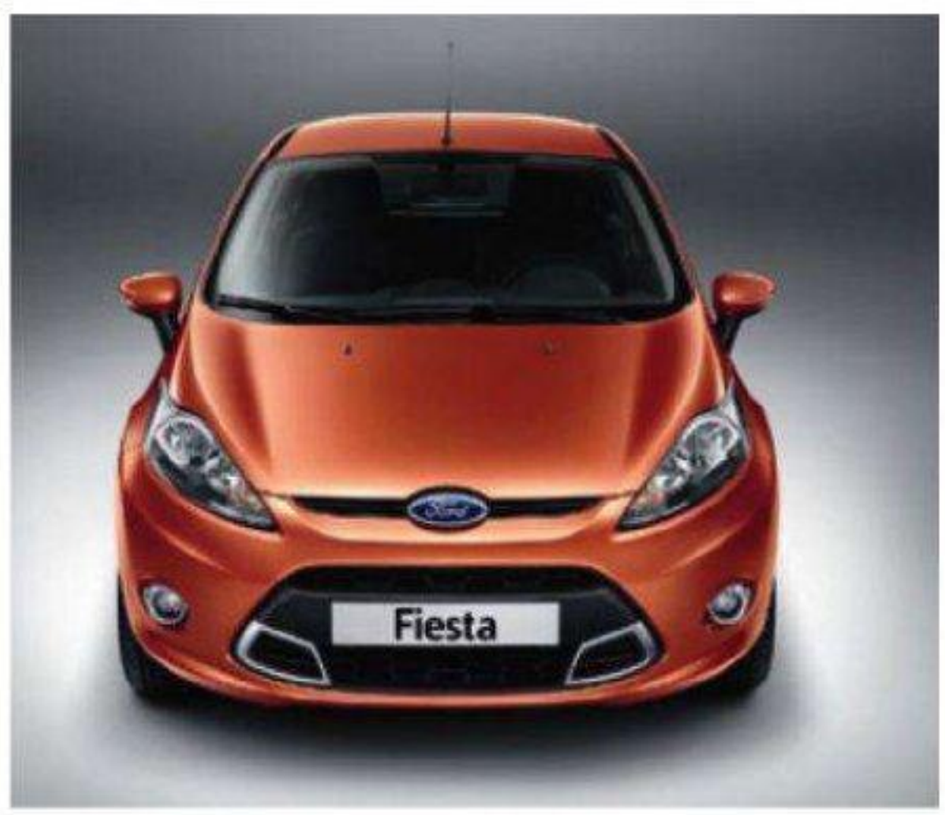

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TEAM SHEET

THINGS WE DID THIS MONTH...

It was Carla Humphries's first time to do any sexy pictorial for any magazine. It was our first time to ride a helicopter. It was a fine day at work.

FHM.com.ph won Best Magazine website at the Digital Filipino.com awards.

At the Mitsubishi Motors Christmas party, with endorser Ramon Bautista for company.

FHM* is still the No. 1 men's magazine in the Philippines, according to the 2010 TNS-Trends Newsstand Survey. *Trabaho lang po, ser!

A gaggle of characters, all representing the best of Summit Media at our Christmas party.

FIG. 1 From a running stance, jump and poise to kick at opponent. Arm ligaments, flabs should be stretched to the limit.

FIG. 2 As you float, facial expression becomes crucial. Lips should be pursed, face muscles taut.

FIG 3. The perfect kick should have a body-wobble to it. See video at FHM.com.ph now for proof!

Drowned in beauty at Ellen Adarna's autograph signing.

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SWEET TIMES AHEAD

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Some men know better than to let diabetes come in the way of a happy relationship. Now those who suffer from diabetes can further enrich their relationships and at the same time keep their sugar levels in check. These men eat food that is low in cholesterol, take regular exercises, avoid smoking, and maintain a low sugar level with PAL SWEET.

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LETTER OF THE MONTH

ON A HIGH

I think *FHM* is fun. I used to think it was only for guys, but somehow I noticed girls seem to have more fun with it. If you ask me, I think it's either because women have inborn bisexual triggers or it's that you guys are just doing a great job. I am writing to you because I went hiking with a friend last November 1st, and we joked about her having a photo shoot in a bikini at Mt. Apo's peak. I told her I'd send it over to *FHM* if she ever does it. I thought she was kidding, but meet Phine. She's one crazy girl. Thank you, and wishing you more years of bringing scantily clad women to that shop in Caltex where I got my last copy.
Rei, by email

SISTERS RESCUE HIM

As planned, my brother and I met at Robinsons Galleria for Michelle and Ehra Madrigal's autograph signing. I was really excited because it was my first time to attend an *FHM* event. I just turned 18 and started

collecting *FHM* last May. I don't know if it's *kamalasan o nagkataon lang*, but on the day of the event so many unfortunate things happened. First, *nasira yung* zipper *ng bag ko*, maybe because it was overloaded with school stuff and two *FHM*s. Second, the memory stick of my brother's PSP fell off and I couldn't find it anywhere. The third one happened during the event. My brother who brought the camera hadn't arrived yet and *malapit na yung* turn *ko*. So I asked Kuya Elmer (the guy ahead of me) *kung puwedeng makigamit ako ng* camera *niya* and luckily he let me. Thanks to him, I have a picture with the Madrigal sisters *na pinagmalaki ko sa lahat, lalo na sa* brother *ko*! *Napawi lahat ng kamalasan ko.* What an experience! May you inspire more people!
Jonathan Posadas, by email

Rei gets a Coast products from Unisell

A message from the oft-flooded *FHM* inbox
"I implore you future picture senders to limit your submitted snaps at 80KB to 1MB! Have mercy!"

SHE LOVES ELLEN

I love *FHM* so much. People often ask me why I always buy your magazine and I tell them to mind their own business. The December issue caught my attention because of Ellen Adarna. I've got a crush on her since I saw her on the cover of *Candy* in 2006. I'm so happy to see her more mature but still damn pretty. Thanks for making her say yes!
Courtney, by email

MAKE HER LOVE YOU

I've been an avid reader of *FHM* since college, but it was only last year that I started collecting your issues monthly. For some reason, my girlfriend doesn't like me reading your mag. I always tell her that *FHM* is different; it's very cerebral, educational and hot. Now I plan to post one of our sweetest pictures so she'll be encouraged to read this one-of-a-kind mag. I'm sure when she sees our picture in your prestigious magazine she will realize what I'm talking about. Our relationship just turned two months old. I love her so much and she means everything to me. Please make us happy.
Romen Casal, by email

MISSING TEXT

I'm sitting here reading your December article on Ellen Adarna and I noticed there are missing words in the line that connects page 60 to page 62. I can understand why the proofreader missed this. Who wouldn't be confused with Ellen right there staring out at you like she wants a little somethin' somethin'. Still, do know that I buy *FHM* for the good read that it always is. Just wondering what's missing. No offense to the proofreader.
Kyle, by email
No *FHM* staffer was fired when these six words failed to make the cut: "...after that *lumala na, tinatawag na*..."

ARTISTIC HUBBY

Happy New Year to all! My hubby is an avid *FHM* fan. He'll celebrate his birthday this month while our relationship will turn 18 years old in February. He thinks I'm *FHM*-worthy (just look at his artwork). So what better way to make my man happy than to see his better half in his favorite mag. Happy birthday, Freddie! I love you so much and I'm looking forward to spending more years with you, Daddy. I'm more than happy being your personal *FHM* babe.
Nelda, by email

GALLERY

RIPPED
My friends were showing off their six-packs and their guns at the Vixens victory party. Little did they know that someone decided to show his middle finger—who else, but me!
Robin, by email

RICE AND HONEY
Your Jackie Rice issue is my honey's favorite. It was our anniversary last October 12 and I wasn't able to get home to celebrate it together. This is my post anniversary surprise. **Enzo, by email**

SHIPMATES
I'm a seaman and an ardent reader. *Sana ma-post ninyo itong picture ng mga kasamahan ko.* Best regards to the *FHM* family. God bless!
Solito Hazon, by email

ONE MONTH EARLY
It's our fourth anniversary on February 14. My husband and I are *FHM* diehards. Happy anniversary to my Dhe! I love you very much!
Dyna, by email

DEEP SIX
Christian greetings to your fabulous magazine! My boyfriend and I hope you'll publish this for our sixth anniversary. We truly love your mag.
Quennie, Bukidnon, Mindanao

FIVE AND UP
I've been collecting *FHM* since 2004. My wife loves it too. For our upcoming five years and five months of togetherness, please post our picture as a gift to us.
Nat, by email

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LETTERS

PERSIAN'S CAT

I am an avid fan of *FHM*. This is my gift to my friends who are also rabid supporters of

FHM. Taken in Zambales, this is specially dedicated to my honey, who's Persian. I want him to see how sexy I can be in a different way. I bet he will absolutely love it.

Sexy Shane, by email

INSEPARABLE

It was our first wedding anniversary last December 19. I just want my hubby to know how much I cherish him through *FHM*. Please don't break my heart! He will surely be amazed to see this. Happy anniversary, honey. I love you very much. *Mabuhay FHM*.

Jessica, by email

THE SEAMAN'S WIFE

My husband Aris is a devoted follower of *FHM*. Though he

is on board one of the Far East Asian Vessels right now, he sees to it that I get for him a copy of your monthly issues. He will read them once he gets back here next year. It was he who influenced me to become an *FHM* fan. Please do this for him.

Anna Liza Placido, by email

ALL DOLLED UP

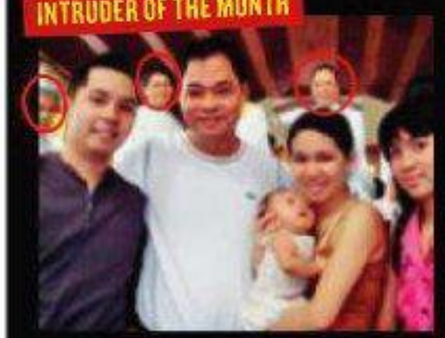
My babydoll Imelda and I have a stack of *FHM* and *Cosmo* magazines near our jacuzzi. At first she was jealous of your magazine that's laced with images of beautiful models like the gorgeous Premiere Vixens. So I can keep my collection, I always tell her that she'll always be the most gorgeous woman in the world to me. Because her great looks rival those of your beautiful women, capturing her beauty on-cam has now become my favorite hobby. She has now found herself really enjoying *FHM*, making us a certified *FHM* loving couple. I really love Imelda. Her adorable face and stunning long hair, not to mention her curvaceous figure, almost made me melt the first time I met her 30 months ago. She's adorable, beautiful, sexy, hot, captivating, alluring, sassy, luscious, sensual, fashionable, glamorous, poised, pretty, shapely, seductive, tantalizing, stylish and gorgeous. I think you'll agree! So, I hope you can feature her in your Letters section, my 30th monthsary surprise. She will be super happy when she sees a real *FHM* page with her sexy image adorning it. Happy 30th monthsary, Babydoll! You're an *FHM* model now! I love you.

Gary, by email

WHO THE HELL ARE YOU

Ernest Cruz gets a gift pack from Zeman

INTRUDER OF THE MONTH



BLESSED SMILE

"This was taken at my nephew's christening," says Ernest Cruz. "I was surprised to see these three priests smiling as if they were included in the shot."

"PEACE, BROTHERS"

"This is us, pointing at a vomiting *tropa*," shares Lawrence. "We're so drunk, we don't even remember the girl beside us as this happened. Peace be with you *din* Inday!"

EYES ON AIZA

"I was spending time with my dearest at Eastwood when this was taken," says Ayb Lim. "I was surprised to see Aiza Seguerra and a friend spending quality time there as well!"

ASIANS ON A 'TRIP'

On our trip at Batangas, we decided to take snaps while waiting for others to fill the bus. Litte did we know that there were two Asian girls who joined our photo op. asianposes by email

GALLERY

SHE WANTS US HERE

I'd like to give my honey a very special gift. This has been her longtime wish. You're the one and only Kalami of my life. I will love you with every breath of my life and with every beat of my heart. **Cris, by email**

BATH MAN

My boyfriend celebrated his birthday last month and *FHM* has always been a priority to him. This will be the most precious *FHM* issue he'll ever own. I love you so much my dear. **Dhang, by emails**

LEYTE LOVIN'

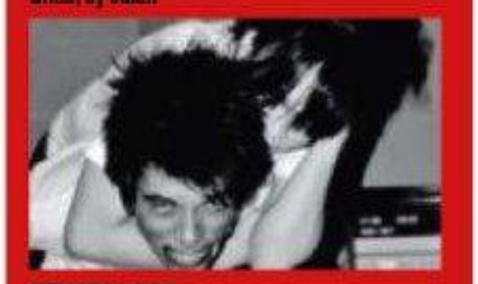
This photo was taken in Southern Leyte. It's one of my girl's dreams to see herself in your magazine before we get married. We really love each other the same way we love *FHM*.

Fabiojames, by email

DOUBLE CELEBRATION

It was my boyfriend's 31st birthday and our second anniversary last month. Happy birthday Papa and happy anniversary to us!

Bilan, by email



HEAVY LOAD

I am carrying my gigantic cousin during a Halloween party at their house. I call my cousin "Taba" because she's heavier than me. She will be happy to see her picture here. Go *FHM*! **Rustom, by email**

BABING

Happy anniversary! Thanks for coming into my life Babe. I'm so excited for our angel. I love you so much Babing.

Wanda, by email

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STARTER

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

When something hits you twice, it either makes you want to forget what it was altogether or remember it for the rest of your life. It's a second glance at what went right or wrong, or a second chance to try and make it right.

Much like when a stunningly sexy girl catches your fancy. You sense it immediately. The thought of you approaching her initially seems frightening. But then, the thought of her returns with a fury that you almost believe that you can muster up all the courage you can because she struck you in ways that no other can replicate—as intense as lightning. You want to forget the moment of weakness. You want to remember the girl, despite the moment, just because.

Some people say lightning often strikes the same place twice. Whether it's true or not is not of any importance to us, because we'd rather set our sights on a beauty more electrifying than lightning! Gracing *FHM*'s pages the second time around, ramp and commercial model Betina Beatrix will surely strike you and make you lose your senses. And only a few minutes into our conversation, we knew that she'd be easy to remember, but definitely hard to forget. Trust us, we should know.

Last we heard from you was when you were included in last December's 100 Sexiest sponsor babes shoot winners. How have things been?
I've been quite busy, but I'm still looking forward to doing modeling projects. I was also part of the last *FHM* 100 Sexiest victory party, representing a men's skin care brand. It was one heck of a party! Totally enjoyed it.

Models are usually tasked to project a certain image for a brand they're carrying. If Betina Beatrix was a brand, how would you describe it?
I'm like M&Ms: Hard on the outside but sweet on the inside. Ha ha!

Models are also often thought of as night owls and party-till-they-drop types. Do you fit that description?
I admit to having been like that, but now I have to look at things from a different perspective. I'm not getting any younger, ha ha! Sad to say but we (models) age, too.

Have you gotten used to the attention you get as a model?
Not yet, ha ha! It's my boyfriend who should get used to the attention I'm getting. But he's a great guy, he understands.

Can you describe yourself in Tagalog?
Ako po ay masungit! Ha ha!

Do you always give guys a hard time getting closer to you?
It's like this: I may look *mataray*, but I'm friendly. Just don't talk to me when I'm sleepy or hungry or you'll get what you deserve, ha ha ha!

We hope your guy won't mind us asking. Would you sleep with a guy on the first date?
Definitely not! But you should ask me who would make me do it, ha ha! Pharrell [of N.E.R.D.]! **FHM**

VITALS

NAME: Betina Beatrix Acosta

AGE: 20

OCCUPATION: Model

WHERE YOU'LL LIKELY SPOT HER: 'Mostly malls around Quezon City, I rarely go clubbing.'

FRONTIN'

Pharrell's the only dude that model Betina Beatrix Acosta would sleep with on the first date. But we can be just as lucky

PHOTOGRAPHY: XANDER ANGELES OF EDGE OF LIGHT FOR NIKON D3X

INTERVIEW: TIM PANGANIBAN

STYLING: PIPAY REYES; MAKEUP: ANGEL REYES-MANHILOT; HAIR: DON DE JESUS

SHOT ON LOCATION AT THUNDERBIRD RESORTS, RIZAL

CAN *FHM*... SURVIVE IN THE WILD?

Our mascot summons his inner Bear Grylls and hangs out with an Aeta to learn jungle survival skills

Not pictured: Amazonas doing their laundry... naked

Wouldn't it be good to possess some jungle survival skills?

I, for one, probably wouldn't need it. My relative fame and my indispensable status here in *FHM* would necessitate that this magazine organize a rescue search for me because I am important. I wager I'd be lost for only a few hours before I am found, after which I'd be on the evening news recounting my ordeal.

But still, if monkeys can get elected in Congress...I mean, thrive in the wild, why can't I?

Ever raring to go on an adventure, I submitted myself to a day in the wild to find out what skills are essential to last out there.

LOST IN THE WOODS

I was dropped by a helicopter somewhere in the Amazon. I had to wade through rapid, free-climb waterfalls, wrestle an alligator, sleep in the carcass of an animal, eat rattlesnake and make its skin a water flask before I even made it to camp...

I would really like to give you that version of my story, but here's what really happened:

I was brought by our service van to a forest trail in Subic where, for a minimal "talent fee," you can learn jungle survival techniques from real-life jungle warriors, the Aetas of Zambales. There I met my Aeta guide, Noel, who taught me things I must know to survive in the wild.

First on the skills-list was looking for a water source. You don't just drink from a stream, said Noel. Though it's vodka-clear, you'll never know what microorganisms swim in there that might snuff you. A safe source: bamboo vines.

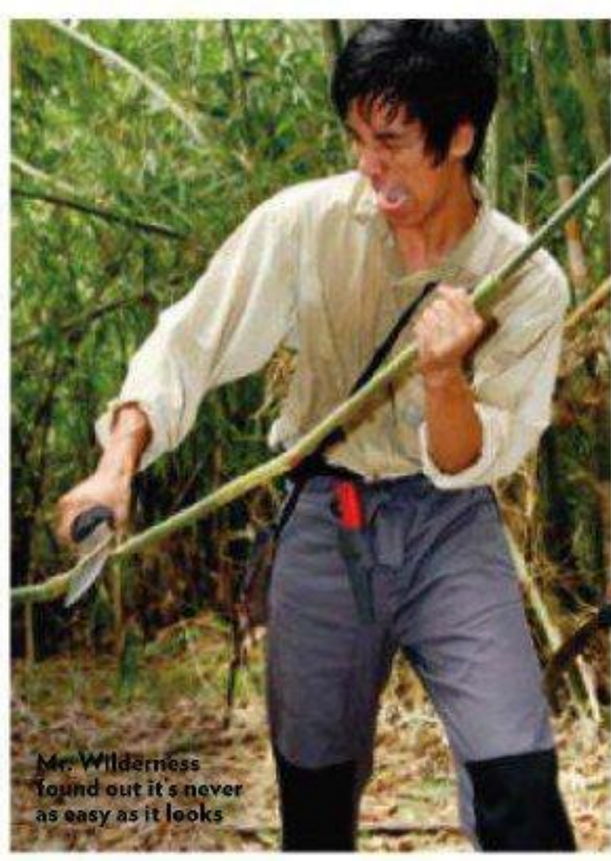
"*Hindi tulad ng* bamboo *na* hollow *ang loob, ang sa* bamboo vines, *may laman na parang sa tubo* (sugar cane)," explained Noel. Bamboo vines are usually thinner than the bamboo tree itself. You have to cut it at the end to get to the shallow part, put it up your mouth and say "Ahh..." waiting for the water to drip.

USE BAMBOO

"*Maraming mga gumagalang labuyo* (wild chicken) *saka bayawak* (monitor lizard) *sa gubat. Masarap yun*," said Noel. So he taught me lesson no.2: how to set up an animal trap made of sticks, twigs, tree branches and twine.

"*Itutusok natin sa lupa ang mga sanga* (twigs) o bamboo sticks *na parang bakod na magiging* guide *sa hayop papunta sa pinaka-trap*," says Noel. At the end of the bamboo line are two pieces of sticks they call *sahig* (trap flooring) that release and capture when stepped upon. Laid on the *sahig* is a string that will catch the leg of the target.

Got a headache, stomach ache or a wound? No problem. The forest, according to Noel, is a generous source of medicine. Chewing a bark of Añatan



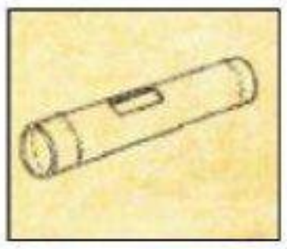
Mr. Wilderness found out it's never as easy as it looks

Tastes like Sprite

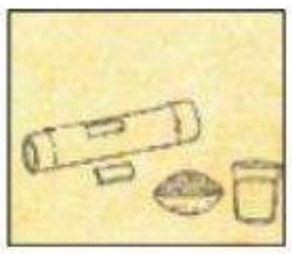
PHOTOGRAPHY: DAIRY DARILAG
ILLUSTRATION: WARREN ESPEJO

MAN SKILL

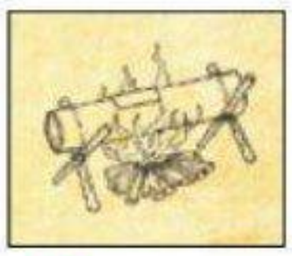
HOW TO COOK FOOD IN A BAMBOO TRUNK



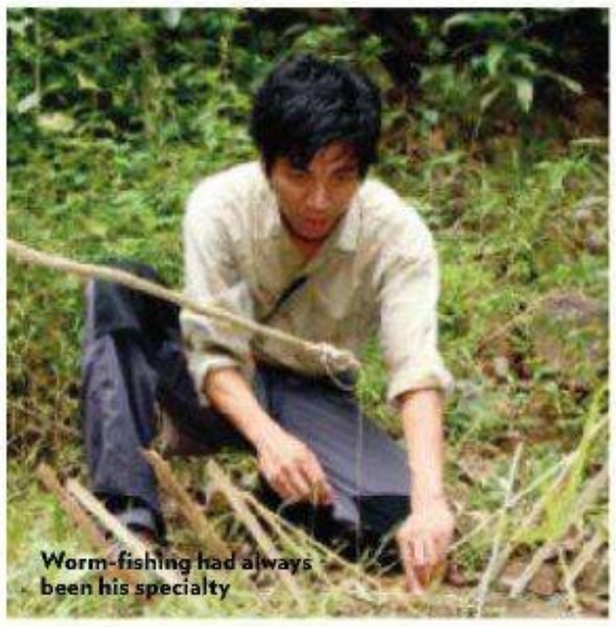
01 The *kaldero*
Before any jungle cooking takes place, like at home, you'll need a *kaldero* first. Get a fresh bamboo trunk—if it's still green , it's fresh. Cut it just after two consecutive bamboo nodes. A node indicates the end of a bamboo segment. Cut a square opening on one side of the trunk, between each node.



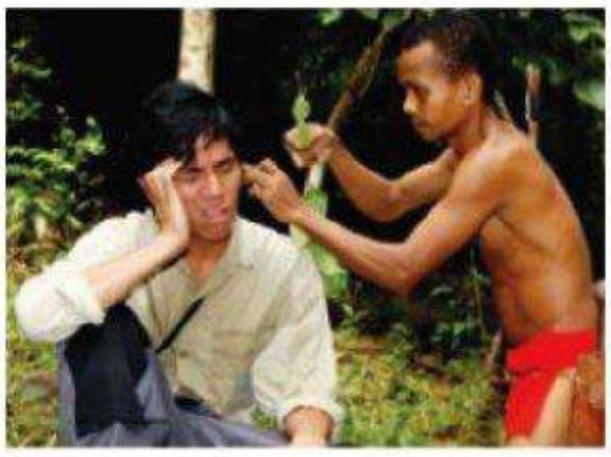
02 The preparation
Put rice and water or anything you want to cook in the bamboo *kaldero*. Put the "cover" back.



03 Now you're cooking
Isalang sa apoy. Fresh bamboo trunks will not burst into flame easily.



Worm-fishing had always been his specialty



tree, for example, can cure an aching stomach while the leaves of an Awili tree are nature's salompas. There are also *lutok* (cover grass) to treat open wounds. You just have to squeeze its juice.

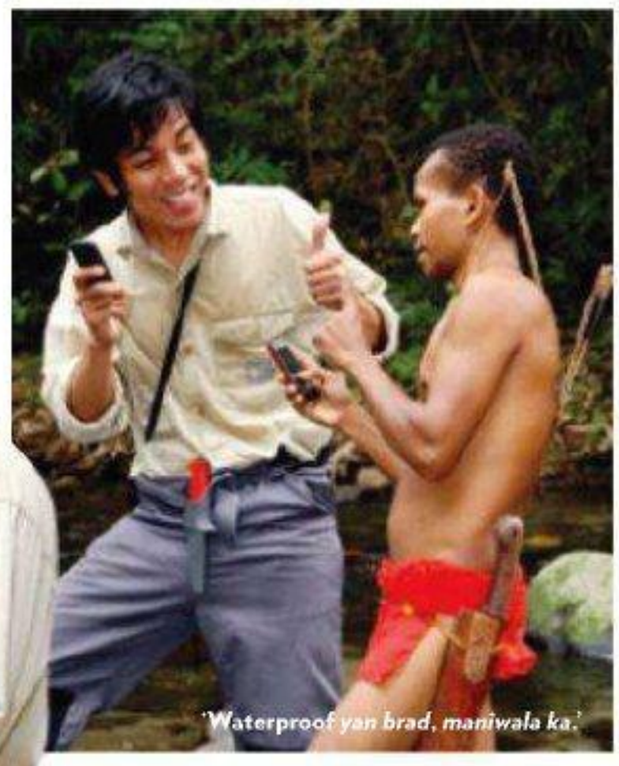
"*Kapag sobrang sakit ng ulo mo, eto na ang remedyo,*" said Noel as he handed a barbedwire-like plant they call "rattan vine." "*Ibibilog mo lang 'to na parang korona, ipapatong sa ulo, hahayaang tumusok ang mga tinik sa noo at sintido, tanggal ang sakit ng ulo mo!*"

Noel capped the day's adventure with a lesson on how to make a fire, a necessary skill to ensure survival in the wild. (see panel)

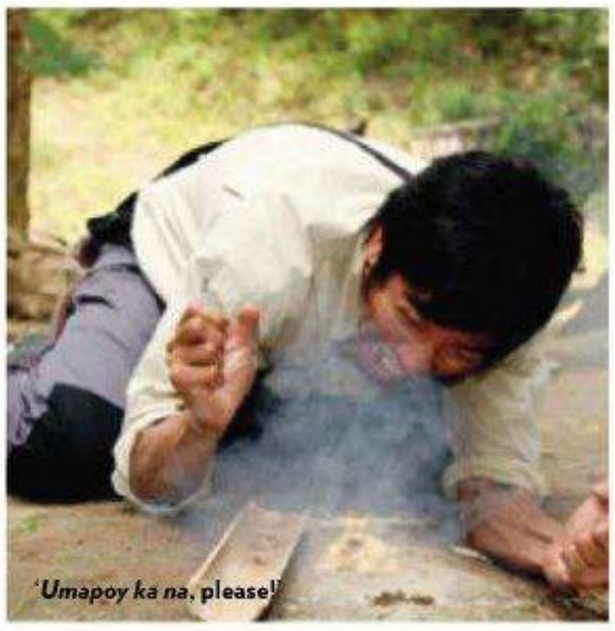
But before we said our goodbyes, Noel had a parting question. "*Ano ba yang lagi mong itinututok sa mukha ko?*"

"*Ah ito?* Cellphone *ito*, nire-record *ko rito ang mga sinasabi mo para hindi ko makalimutan,*" I answered.

"*Wag na. Tawagan mo na lang ako pag may nakaligtaan ka. Eto* number *ko...*"



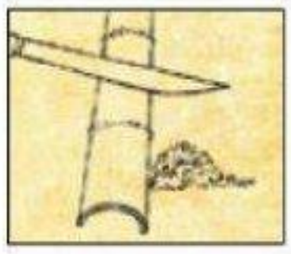
'Waterproof yan brad, maniwala ka.'



'Umapoy ka na, please!'

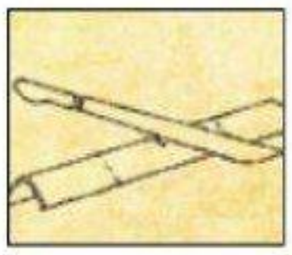
MAN SKILL

HOW TO MAKE A FIRE

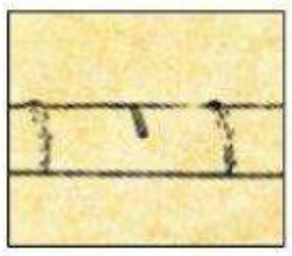


01 Get a dry bamboo trunk and break it in half.

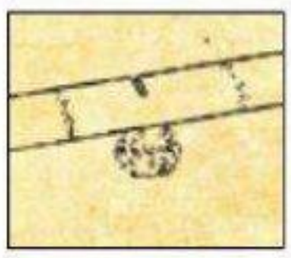
02 Make bamboo shavings (*kusot*) by scraping lightly the face of the dried bamboo trunk.



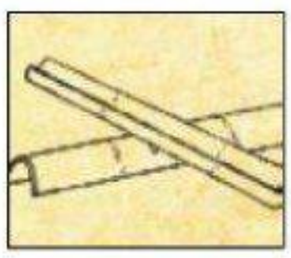
03 Prepare a stick the size of a toothpick.



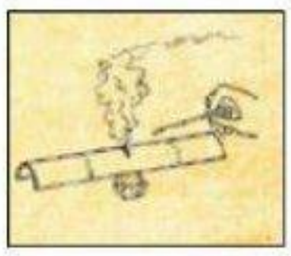
04 Make a "canal" on one end of the bamboo trunk by chipping off a small portion. This will be your guide when you start rubbing the other half in it. Create a tiny hole on that canal.



05 Rub the bamboo shavings on your palms until its "ashes" are removed, and the shavings become cotton-like.



06 Put the shavings on the ground and place the bamboo trunk on top of it. The shavings should be right down the canal.



07 Using the other half of the bamboo trunk, create friction by rubbing it on the canal. When smoke starts to come out of the canal, add more friction then prick the heated portion using the "toothpick".

08 Get the shavings and start blowing it. Start gently until fire kindles.

WE'RE GIVING AWAY STUFF!

Your well-being is the only thing on our minds

Send pictures only to fhmphil.stuff@gmail.com

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WACKY GOLF

'Isa-isa lang ha'

YOUR BIRDIE DOWN THE HOLE!

It's golf but a whole lot crazier and hornier

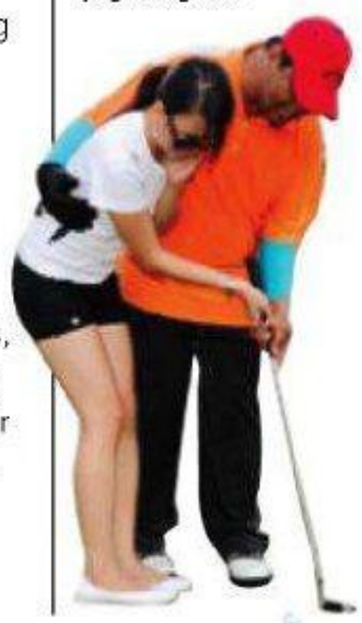
The great comic Robin Williams attributed the creation of golf to a drunk Scotsman (YouTube it now, very funny shit!). We reckon that copious amounts of alcohol were also involved while planning the 1st Willy Tee Ten Golf Challenge. Here's why...

The Willy Tee Ten Golf Challenge offered golf enthusiasts a day of playing their favorite sport in the most idiotic, rulebook-breaking way all in the name of charity.

Hole number one, for instance, was called the "Asshole." Subsequent holes had its own gimmicks—caddies doing the putting, players on blindfolds, synchronized tee off and players doing different kinds of distractions while their opponent attempts a shot (a major no-no in a regular golf game).

But it didn't end there. There were also sexy women. And players were given all the opportunities to do very-Rico J. Puno-ish tactics: hole No. 6, or the "Sure Birdie," required a player to lie down on the grass while pretty umbrella ladies in mini shorts provided shade; hole No. 10, "Tentation," allowed a player to assist a sexy model to finish his putting; hole No.18 "The Spoon Hole," called for, well, "spooning."

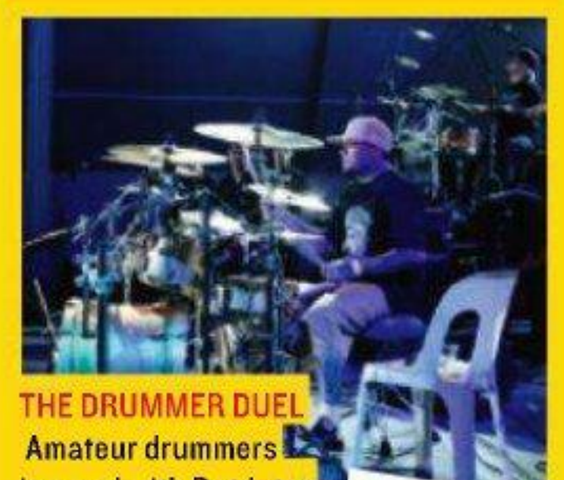
'Dahan dahan lang sa pagtira ng bola'



'Ay, butas!'

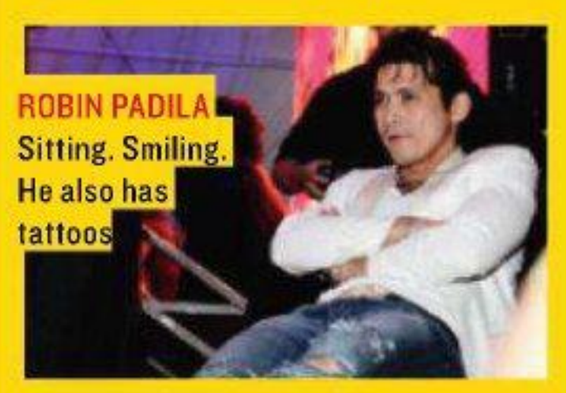
MAD FOR TATTOOS

We crash Dutdutan X: A Decade of Ink



THE DRUMMER DUEL Amateur drummers jammed with Dutdutan rockstar mainstay P.O.D. and Stillwell's drummer Wuv

TATTOOS Live tattoo sessions, girls with big-ass tattoos, men with insanely big tattoos



ROBIN PADILA Sitting. Smiling. He also has tattoos

BIKINI OPEN The for-adults-only talent contest portion had girls showing their love for a banana

OPM'S FINEST Franco, Kamikazee, Sandwich, Imago and Pedicab added more noise

WORDS: RUEL S. LUCAS; PHOTOGRAPHY: DAIRY DARILAG

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FIRECRACKERS TO WARD OFF EVIL

Well, does it really work? Or is it a myth created by Bulacan five-star makers to boost their product? *FHM* investigates

NEW YEAR MYTH

You mean we don't light firecrackers and make noises every new year just for fun?

We do. But traditions dating centuries back largely passed on to us by the Chinese say evil spirits are not a fan of loud noises and are afraid of big angry beast faces, a quirk that the Chinese pounce on by dancing inside dragon heads every new year. On the other side of the hemisphere, the Celtic New Year is celebrated in parts of Scotland by wearing ugly masks and corpse costumes to keep evil spirits away by confusing them into thinking the costume wearer is on their side. We don't fancy dragons and corpses, but firecrakers are a hit.

If we're talking evil, shouldn't we be doing these all the time?

If we weren't incredibly influenced by the Chinese, maybe we would. The tradition started from ancient tales that talked of Nien, a mythical beast that ravaged crops, livestock and even Chinese villagers every start of the year. One day, while gorging on an offering, Nien saw a child dressed in red, stopped eating and ran away. Villagers saw that and took things a notch further by experimenting on other things that could scare Nien off. Firecrackers worked best.

If I shrieked like a girl would it make evil go away?

If your girl-shriek sounds like an explosion, then maybe it would. Versions of the firecracker-trumping-evil-spirit belief reasons out spirits, no matter how heinous, are no different from cats, easily ruffled and alarmed, and they take off just as easy when alarmed.

WHAT'S LOUDER THAN A FIVE STAR?

For when you don't want to lose a finger

CARHORN

IS IT? Not nearly, but what you lack in intensity, you can make up for in duration. Press horn until snooty neighbor runs out of *paputok*.

EMPTY CANS

IS IT? If you can gather enough used *lata* to drag at the tail end of a bike or your car, we think it is. And probably just as annoying.

TOROTOT

IS IT? Give each family member a different kind to toot over, convene where an audience is in attendance, toot simultaneously. Win!

Do I have more silent options of scaring them off?

The idea of the fireworks was to rely on shock value, hence the scare. Scaring evil spirits by harming them relies on noiseless measures. Among things considered harmful to evil spirits: rock salt (an early Buddhist belief), cross and holy water or water blessed by a priest (Catholics), garlic (Egyptians), various crystals, gemstones, talismans (Pagans, Wiccans), incense burning (Native Americans) and, taking cue from stories of Nien, the color red.

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BAR ROOM JOKES

Start your year with an unlucky tree-hugger, a witty parishioner and other crackpot characters

HEALTHY VAMPIRE

There are three vampires and a regular guy at a bar. The first vampire says, "Bartender I'll take a blood on the rocks." "Sure thing," says the bartender. The second vampire says, "I'll take a shot of blood." The third vampire says, "Bartender, give me a cup of hot water." At that moment the regular guy turns to the third vampire and says, "I thought you vampires only drank blood." The vampire replies, "We do. I found a tampon out back and I want to make some tea."

Red Steel, by email

DOUBLE WHAMMY

A man came upon another man hugging a tree, with his ear firmly pressed against it. Seeing this, he inquires: "Just out of curiosity, what are you doing?" "I'm listening to the music of the tree," replies the tree-hugger. "You've got to be kidding me." "No, would you like to give it a try?" Curious, the man agrees. So he wraps his arms around the tree and presses his ear up against it. With this, the other guy slaps a pair of handcuffs on him, takes his wallet, watch and car keys, strips him naked and leaves. Two hours later another nature lover strolls by and sees the poor guy handcuffed to the tree stark naked and asks him, "What happened to you?" He tells the new guy the whole terrible story about how he got there. When he finishes his story, the other guy shakes his head in sympathy, walks around behind him, kisses him gently behind the ear and says, "This just isn't your day, is it, cupcake?"

Jay Caliolio, by email

Ernesto Santos, Jr. gets an Adidas Team Force gift pack from Unisell

Envious? Then send your entry to: *FHM* Bar Room Jokes, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer st., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

JOKE OF THE MONTH

IT'S A DATE

A guy finds a sheep wandering in his neighborhood and takes it to the police station. The desk sergeant asks, "Why don't you just take it to the zoo?" The next day, the sergeant spots the same guy walking down the street with the sheep. "I thought I told you to take that sheep to the zoo," says the sergeant. "I know what you told me," the guy responds. "Yesterday I took him to the zoo. Today I'm taking him to the movies."

Ernesto Santos Jr., by email

BIBLE STUDY

A new pastor was visiting the homes of his parishioners. At one house it seemed obvious that someone was home, but no one answered his repeated knocks on the door. So he took out a business card, wrote "Revelation 3:20" on the back of it and stuck it under the door. When the offering was collected after mass the following Sunday, he found that his card had been returned. Added to it was this message: "Genesis 3:10." After checking the citations on his Bible, he broke into laughter. Revelation 3:20 reads: "Behold, I stand at the door and knock." Genesis 3:10 reads: "I heard your voice in the garden and I was afraid for I was naked."

Tyrone Concepcion, by email

CHOOSE WORK

A doctor, a lawyer, and a manager were discussing the relative merits of having a wife or a mistress. The lawyer says, "For sure a mistress is better. If you have a wife and want a divorce, it causes all sorts of legal problems." The doctor replies, "It's better to have a wife because the sense of security lowers your stress and is good for your health." Finally, the manager speaks, "You're both wrong. It's best to have both so that when your wife thinks you're with the mistress, and your mistress thinks you're with the wife, you can go to the office and do some work."

Aeus, by email

ILLUSTRATION: MIKKE GALLARDO

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PEEK

YOUR LEISURE TIME RATED AND SOR

TELEVISION

GANGSTER'S PARADISE

With *Boardwalk Empire*, HBO brings the bada bing and bang bang out of Depression-era mobsters. Key player Michael Pitt takes us deeper into their world

How was it playing Jimmy Darmody?
Jimmy is completely fictional, unlike many of the other characters in the show. His back story is that he met his wife in college. Then he went to war and they had a baby. I think that sets up a good stage for something interesting and real. In Atlantic City, he hooks up with a young Al Capone, and the way I was playing it, when Capone and I were doing the first job, that Capone was from Brooklyn—a more street environment—and my character could work efficiently under extreme situations. He's not going to get spooked by a lot of bangs. I don't want to give too much away but whenever he is handling himself with Capone I played it as though he was handling it the same way you would any kind of military operation.

You haven't done much TV since *Dawson's Creek*. Would this be your return?
Yes and what's exciting about this medium is that if a character is strong and is going in a certain direction, you can accommodate that. And the writers could really go into a lot of the politics of the time, too. They dive into it in a really intellectual way, which is really exciting to see. Terrence Winter [series creator] told me to have faith in the audience—that they're smart enough. He has a lot of respect for the audience. You could arguably say, in America, they don't generally have a lot of respect for their audience.

'Does my bowtie look funny to you?'

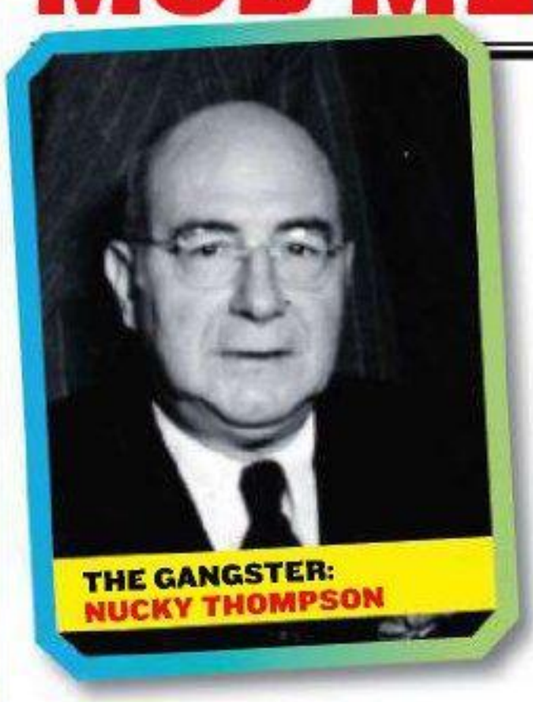
What research did you do for the fictional gangster part?
When I'm not filming I do everything I can to research the time period. It's such an interesting time. The 20s were almost like the 60s in terms of social upheaval. Politics, art, everything was going through a period of dramatic change. Even though a lot of the other gangsters are real, Jimmy is a fictional character from the mind of Terry.

So tell us, what can we expect from Jimmy as the show pushes on?

WORDS: ANTON D. UMALI; CHARMAINE CHANCO

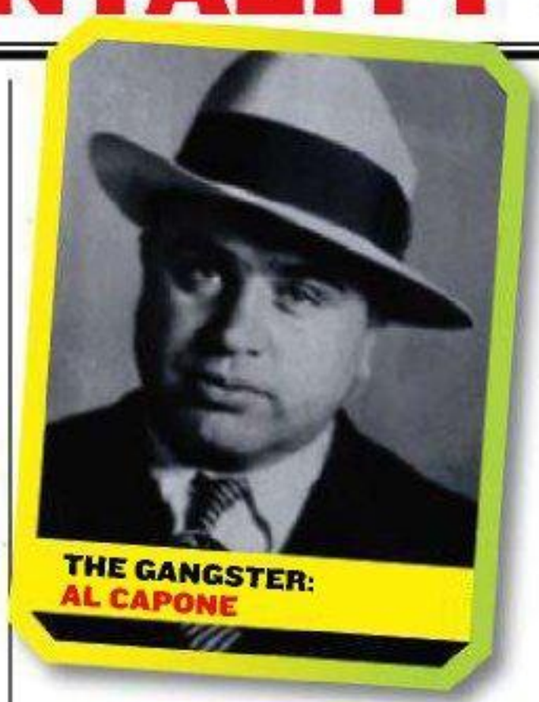
MOB MENTALITY

Meet real-life mobsters and those playing their part



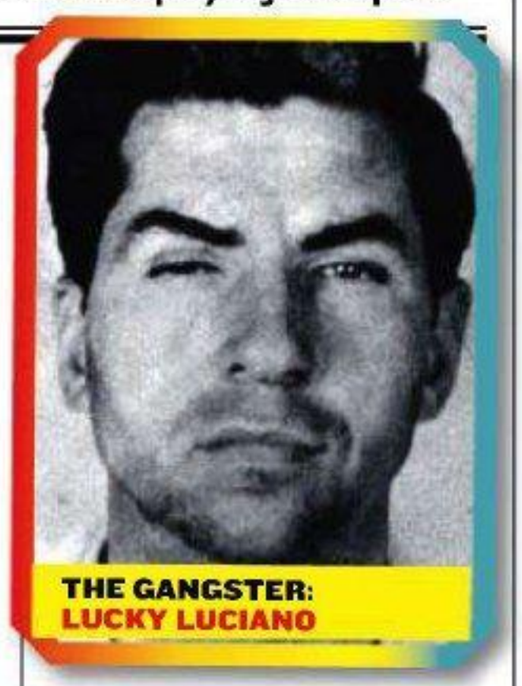
THE GANGSTER: NUCKY THOMPSON

REAL NAME: Enoch L. Johnson
BIRTH: 1883 DEATH: 1968
INFAMOUS FOR: Being Atlantic City's political machine and crime boss. Dealt in bootlegging, prostitution and gambling.
RISE TO POWER: Gained political power when he was elected sheriff of Atlantic County in 1908, a position he took over after his father's term.



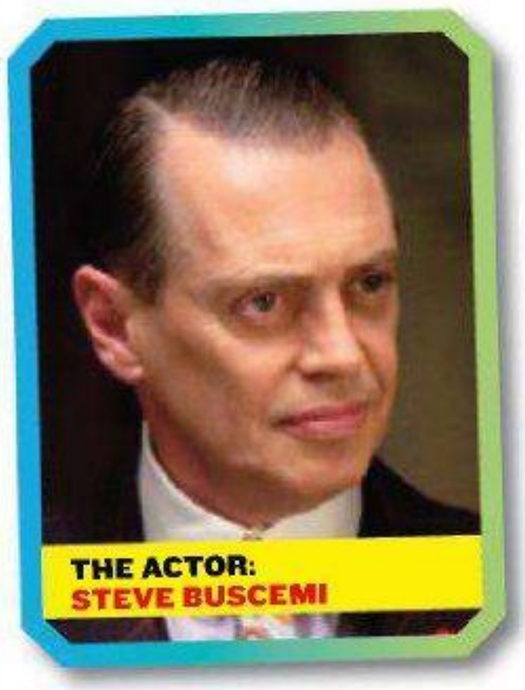
THE GANGSTER: AL CAPONE

REAL NAME: Alphonse Gabriel Capone
BIRTH: 1899 DEATH: 1947
INFAMOUS FOR: Italian-American gangster who led a Prohibition-era crime syndicate. Jailed in Alcatraz for 11 years.
RISE TO POWER: After associating with small-time gangs, Capone entered the Brooklyn Rippers and then the notorious Five Points Gang.



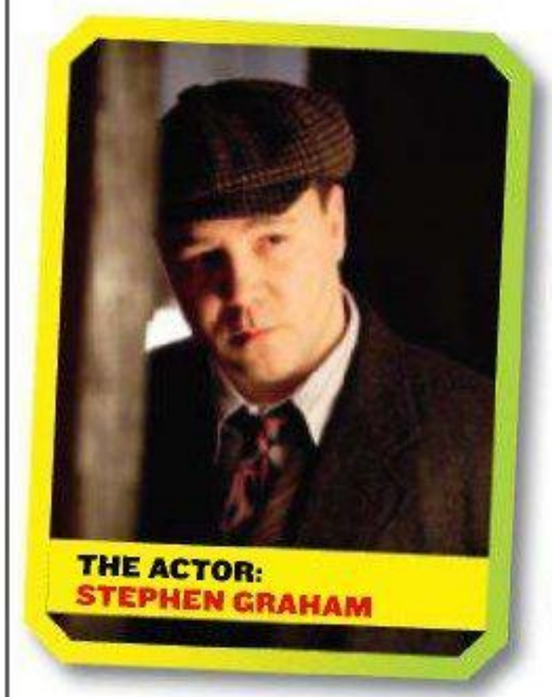
THE GANGSTER: LUCKY LUCIANO

REAL NAME: Salvatore Lucania
BIRTH: 1897 DEATH: 1962
INFAMOUS FOR: Father of modern organized crime. He split New York City into five different Mafia families.
RISE TO POWER: He was the first boss of the Genovese crime family. He was instrumental in the development of the "National Crime Syndicate" in the United States.



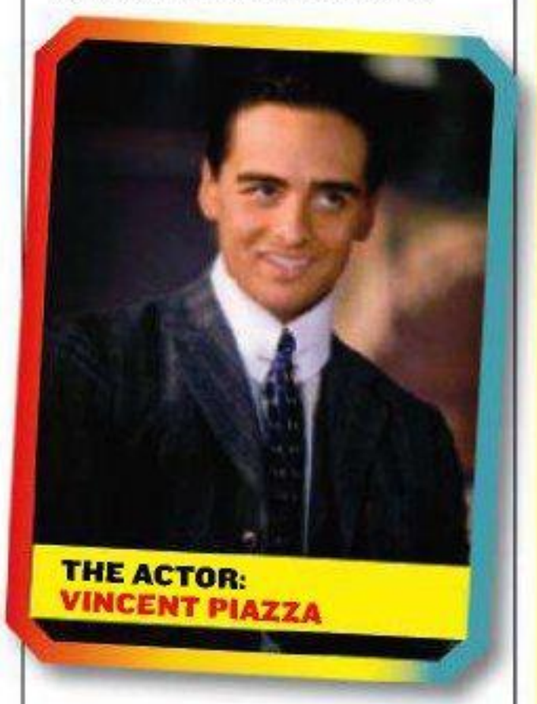
THE ACTOR: STEVE BUSCEMI

FAMOUS FOR: *Reservoir Dogs, Ghost World, Con-Air*
CLASSIC BOARDWALK EMPIRE LINE: "First rule of politics, kiddo: Never let the truth get in the way of a good story!"



THE ACTOR: STEPHEN GRAHAM

FAMOUS FOR: *Snatch*
CLASSIC BOARDWALK EMPIRE LINE: "You can get much farther with a kind word and a gun than you can with a kind word alone."



THE ACTOR: VINCENT PIAZZA

FAMOUS FOR: Got his break on the HBO series *The Sopranos*
CLASSIC BOARDWALK EMPIRE LINE: "I never was a crumb, and if I have to be a crumb I'd rather be dead!"

'Sana ganito din ako kapayat!'

Well, he has a very dramatic arc from where he starts to where he finishes. I'll say that much. This character isn't comparable to others I've played before. I don't think I've ever done this much preparation to get into a role or a character.

Did that draw you to the role?

I was drawn to the script. It was flawless from beginning to end. It didn't say too much, it didn't say too little. Then certainly Martin Scorsese's involvement and the cast that they were assembling. I would have done it if it was a series of plays or an independent film. I would have done it in any form it came. It's all you can ask for. *Premieres January 6, 9:00 p.m. on HBO.*

REEL ROLLING

HARRY POTTER AND THE HALF-BLOOD PRINCE

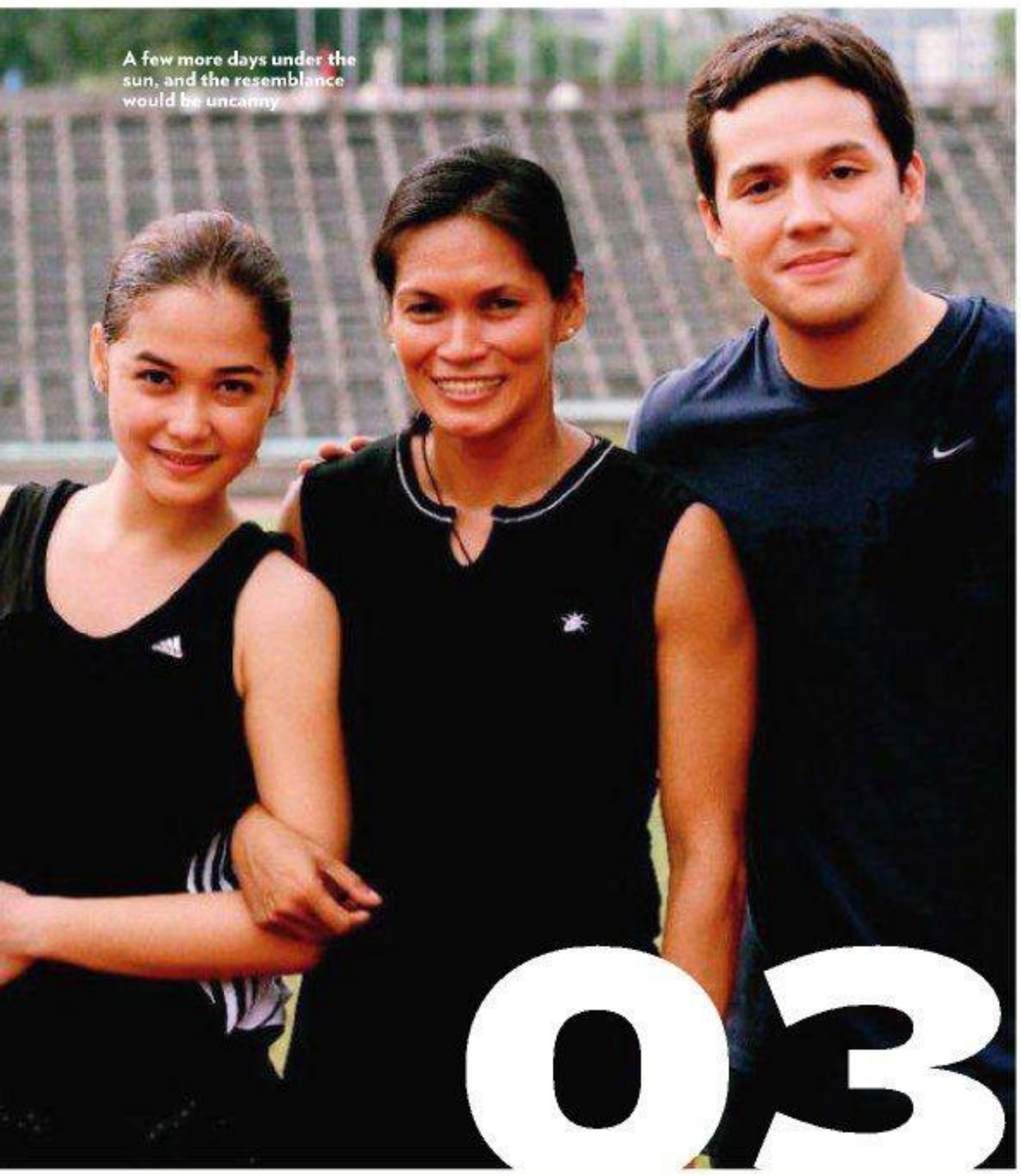
Premieres January 1 at 8pm on HBO
CAST: Daniel Radcliffe, Rupert Grint, Emma Watson, Michael Gambon
PLOT: This small screen return is a warmup before Harry bids goodbye in July. Here, the triumvirate's back at Hogwarts School for year six of their education. All grown up, the three realize they have more pressing concern to deal with than raging hormones: stopping Voldemort who's out for more blood.

GLADIATORS: BACK FROM THE DEAD

Premieres Sunday, January 16 at 9:00 pm.
CAST: Barbaric, half-naked men
PLOT: Fighting to the death is imperative to gladiators of the Roman Empire, all in the name of high-stakes entertainment. It's said that up to a million gladiators died in arenas for the sake of the crowd's amusement. This documentary goes back to the time when such inhumanity was prevalent, showing how gladiators lived, fought and died with pride.

WHERE THE WILD THINGS ARE

Premieres January 2 at 9pm on HBO
CAST: Chris Cooper, James Gandolfini
PLOT: A CGI film adaptation of Maurice Sendak's 1963 children's book, it brings to life the tale of an introvert boy who escapes to an island populated by strange creatures. There he courageously assumes leadership, but soon finds out that being on top is a labor-intensive gig. Creatures might be too cute to bear but the music tracks, courtesy of Yeah Yeah Yeah's Karen O, are spot on.



A few more days under the sun, and the resemblance would be uncanny

FILM

PAUL SORIANO

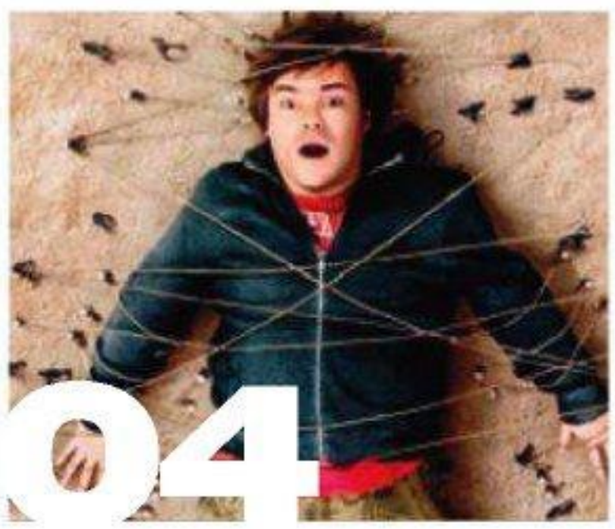
On directing *Thelma*, running and Maja Salvador

What inspired you to do a film based on the life of Elma Muros?
For the last four years, I've been directing TV commercials. I sort of fell in love with the idea of filmmaking so I told myself that I needed to do another movie after *A Journey Home*. I've always wanted to do a film on sports, I'm a big fan of *Chariots of Fire*, *Cinderella Man*, *Million Dollar Baby*. I find them inspiring since they seem like life metaphors.

How true-to-life is *Thelma*?
I spent weeks researching on the lives of athletes. I even ran with the Far Eastern University track team every 4 A.M. to get inspiration. *Thelma* isn't just the story of Elma, it talks about the lives of athletes in general. It's a movie inspired by true events. Watching the film will be a positive and uplifting experience.

We heard you're using a special camera for this project.
We are going to use the Arri Alexa camera, which is fairly new here in the Philippines. I use it a lot in my commercials. This particular camera is small and easy to carry around for better execution. Its aperture's opening is very high and my cinematographer told me that even with low lighting we can get good shots. The Arri Alexa has been great for the team, considering that when doing an indie there are always budget constraints to worry about.

How were the casting choices made?
When I wrote the story, I didn't have any actress in mind. After the fifth draft, I started thinking about casting and, yes, I will be honest, Maja Salvador was my first choice. I've worked with her before and I started imagining her for the character. I'm so happy that Mr. M (Johnny Manahan) and Star Magic were very accommodating. They told me, "*Direk* we love your story, *maganda*. You can have Maja."

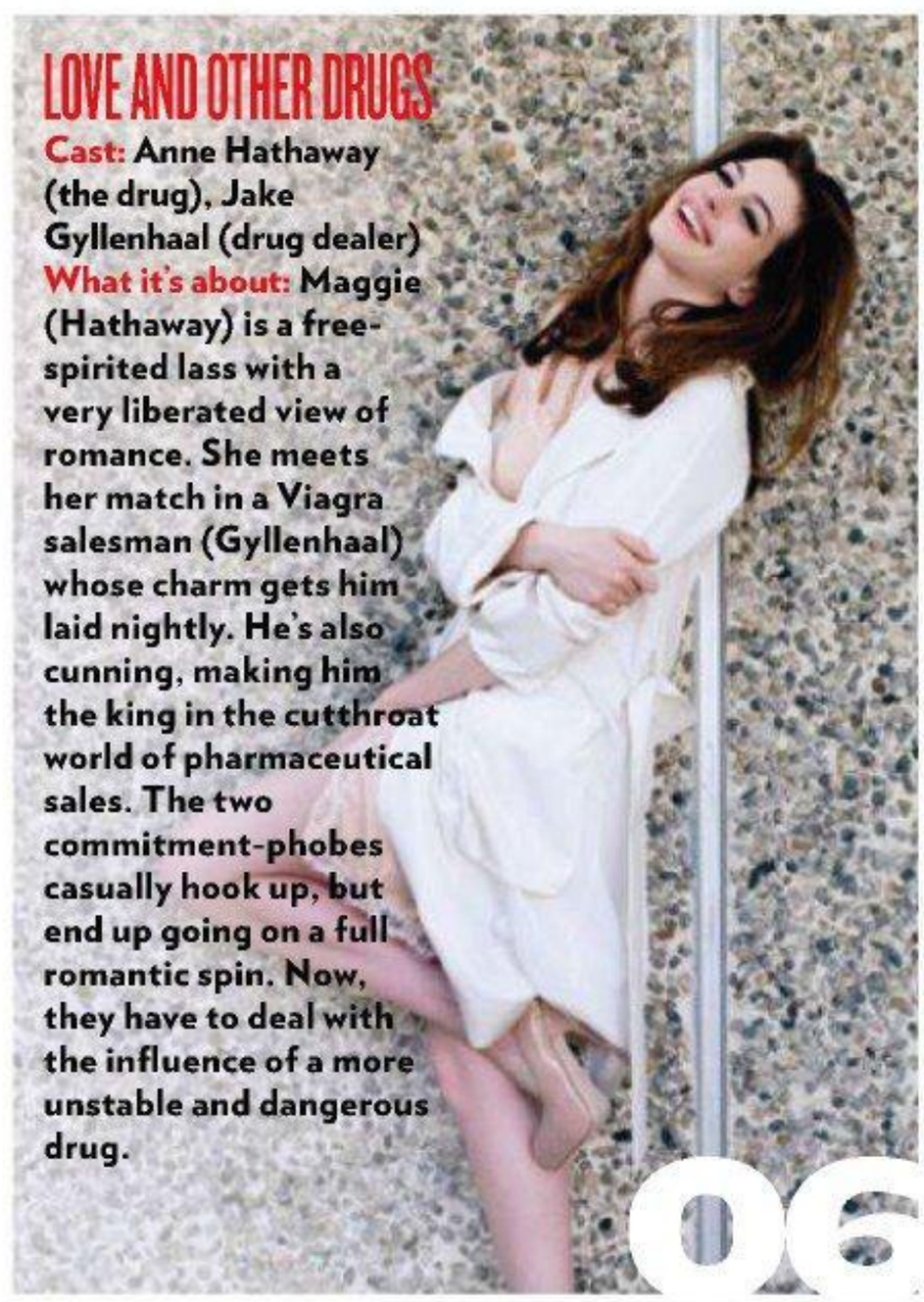


GULLIVER'S TRAVELS

Cast: Jack Black (*towering*)
What it's about: Meet Joe Lemuel Gulliver. When it hits him that there's more to life than just licking stamps in the mailroom, he takes action and volunteers to discover the truth about the Bermuda Triangle. The risk of getting sucked in the triangle's vortex and disappearing forever doesn't faze him. And so lost in it he becomes. He discovers a secret island called Lilliput where diminutive folks, half-an-inch in height, exist. It's the same old fairytale classic from your childhood, with a witty modern take.

127 HOURS

Cast: James Franco (*armless*)
What it's about: Director Danny Boyle (*Trainspotting* and *Slumdog Millionaire*) strikes gold again as he creates a new film that poses the question: What will you do if your arm is pinned under a boulder for five days and there's no rescue team in sight? Hiker Aron Ralston (Franco) confronts the predicament head-on when his usual uphill adventure turns scary, causing a huge rock to fall on him. Barely hanging on to life, he resorts to something disturbing and disgusting to watch. It's bloody, yes, but heroic just the same.



LOVE AND OTHER DRUGS

Cast: Anne Hathaway (the drug), Jake Gyllenhaal (drug dealer)
What it's about: Maggie (Hathaway) is a free-spirited lass with a very liberated view of romance. She meets her match in a Viagra salesman (Gyllenhaal) whose charm gets him laid nightly. He's also cunning, making him the king in the cutthroat world of pharmaceutical sales. The two commitment-phobes casually hook up, but end up going on a full romantic spin. Now, they have to deal with the influence of a more unstable and dangerous drug.

WORDS: BONG GODINEZ, CHARMAINE CHANCO. RIUS ANTON

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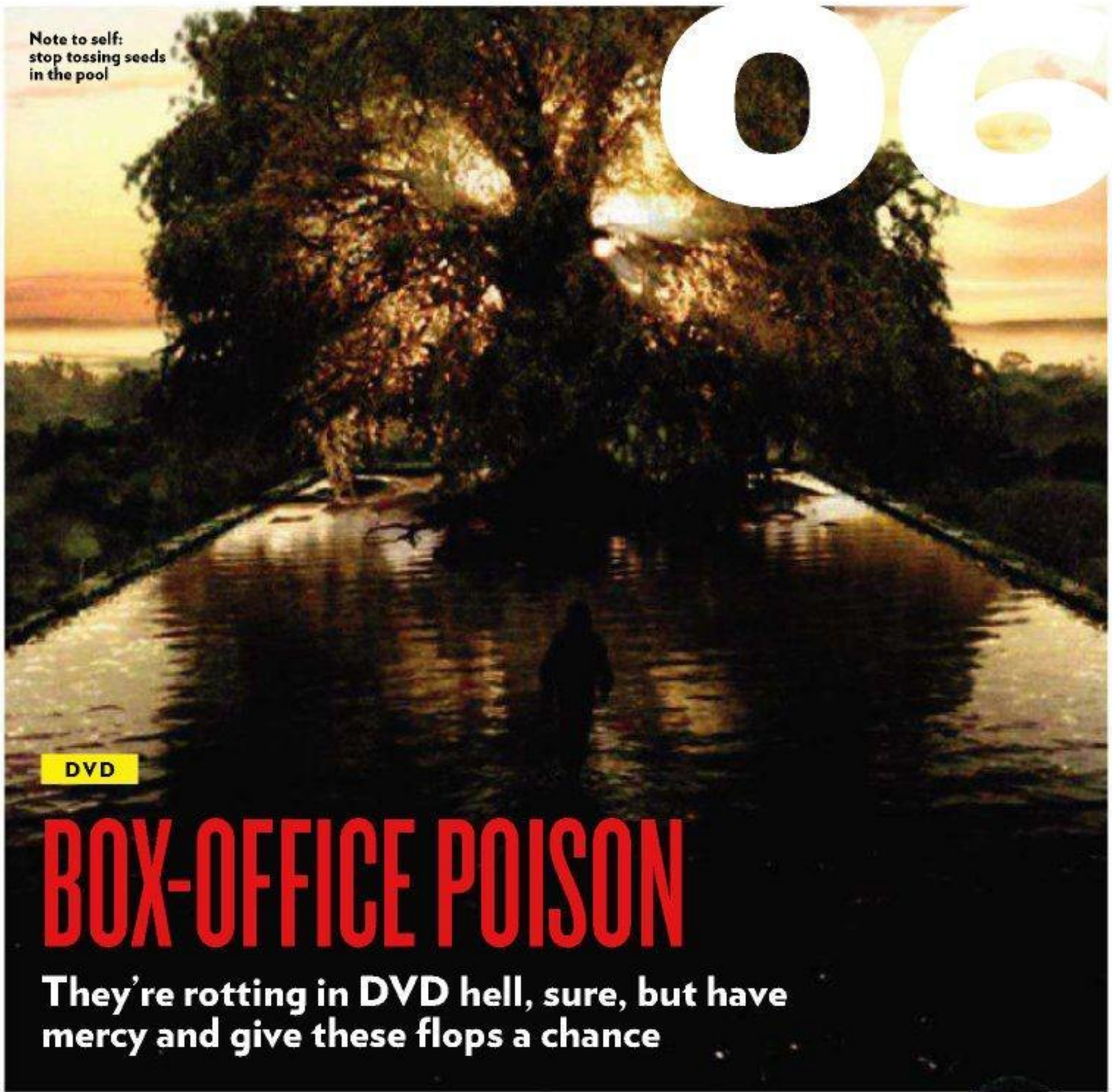


Note to self: stop tossing seeds in the pool

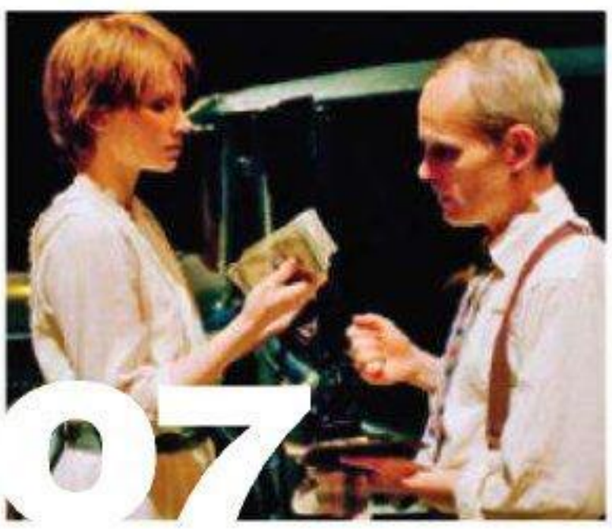
DVD

BOX-OFFICE POISON

They're rotting in DVD hell, sure, but have mercy and give these flops a chance

THE FOUNTAIN

Awards: Feature film prize (Hamptons International Film Festival); Best original score (CFC Awards)
Budget: $35M **Gross:** $10M
What it's about: Hugh Jackman and Rachel Weisz play six different people who are five centuries apart—a conquistador and a queen, a scientist and a cancer patient, a space traveller and his lost love. No wonder no one bothered watching it. But as convoluted as it sounds (If you lasted through *Inception*, this is easy. Trust us), the film is visually stunning and its plot will leave you more bewildered than enlightened, true, but at least you'll think more and blabber less.



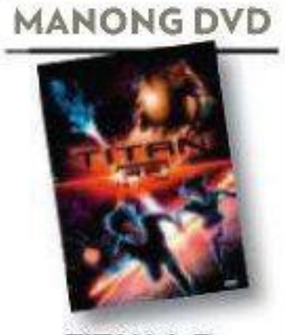
MANDERLAY

Award: 50th Anniversary Prize (Lars Von Trier) Valladolid International Film Festival
Budget: $14.2M
Gross: $600,000
What it's about: It was an official selection in film festivals worldwide, but the movie-going public ditched it. Why? Maybe because 99 percent of what you'll see here are just people talking. But that's precisely what makes *Manderlay* a powerful film. Bryce Dallas Howard is a gangster's daughter determined to free slaves in an Alabama plantation. If you miss all that Karl Marx stuff back in college, then this is an interesting trip.

IDIOCRACY

Award: Teens choice awards 2007 (nominated) Justin Long for Breakout Male Star
Budget: $4M **Gross:** $500,000
What it's about: US Army librarian Joe Bauers (Luke Wilson) is chosen to be the guinea pig for a government experiment: Year-long human hibernation. But cool experiments, as you know, are more or less bound to fail. Here, year-long becomes half-a-millennium. So Joe finds himself in 2505, in an Earth ruled by dimwits and intelligent beings are an endangered species. Imagine a planet where global news headlines say, "Shit happens, again!"

MANONG DVD



TITAN A.E.
AWARDS:
Best sound editing (Golden Reel Award)
BUDGET: $75M
GROSS: $36.7M
I like cartoons? Why, of course yes! How come not? Yes, I am macho and big body but you don't know that I'm baby boy inside. But I don't like the alien *dito*, he's *panget*! This is scary because earth is no more and *tao* is lost somewhere in *ibang planeta*.

ALEXANDER

Award: Silver frog (Camerimage)
Budget:$155M **Gross:** $150.2M
What it's about: Fine, we understand that a blond Alexander the Great with an Irish accent (Colin Farrell) is hard to stomach. But, come on, give it a chance. We're talking about a twentysomething guy who actually conquered the world here. (Plus, all those ancient battle scenes: bloody and satisfying) Besides, who passes up a film where Angelina plays the quintessential MILF? Not us.

WORDS: JED GREGORIO

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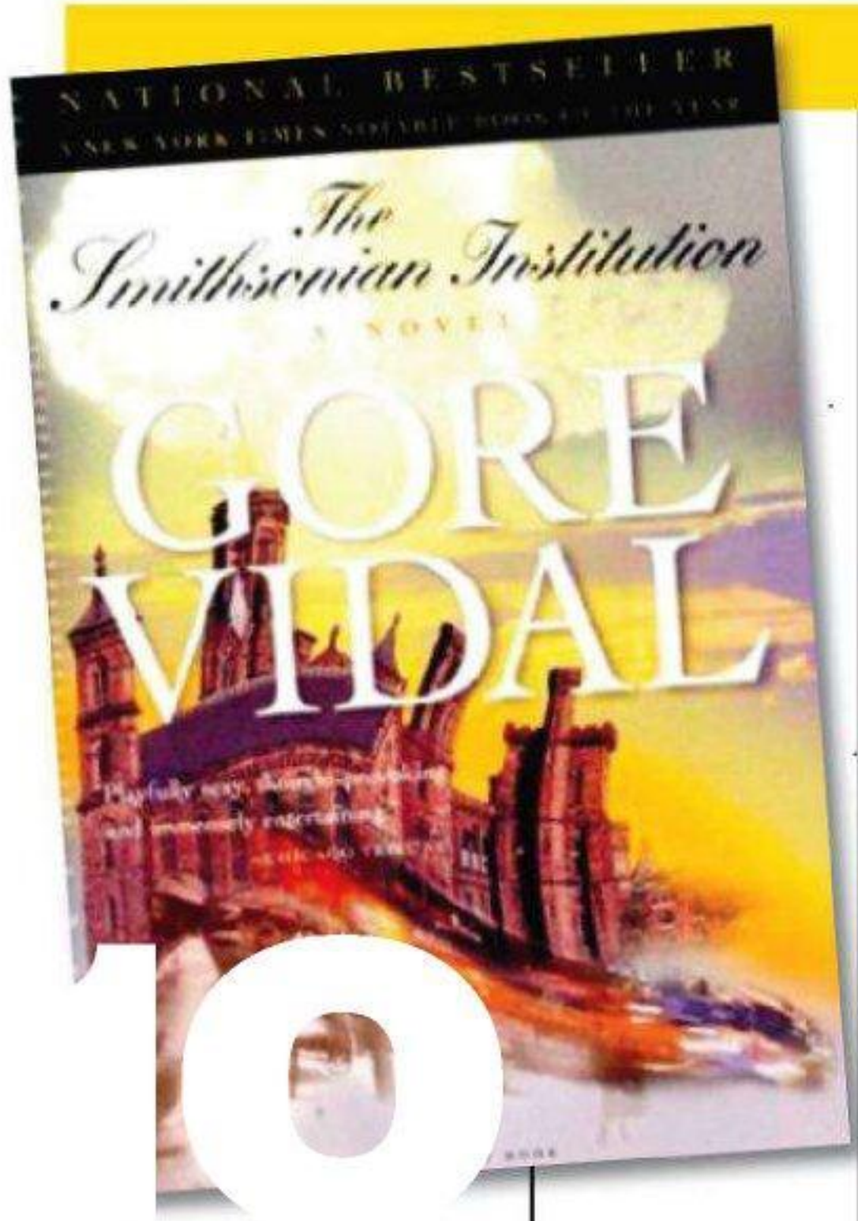
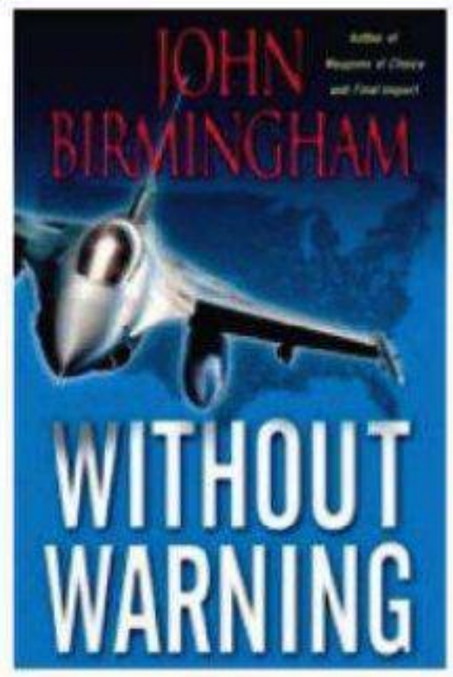


THE SMITHSONIAN INSTITUTION

Gore Vidal

It's 1939 and America is just devoloping the atomic bomb in the basement of the Smithsonian complex, a famous research institute with an extensive museum. Too bad America's best and brightest can't seem to figure out how to completely make the lethal weapon work. So they recruit a 13-year-old math genius named T to do the job for them. This kid can dream up equations and talk to Einstein, Lincoln and other dead people. How? We have no idea. What we do know is, the kid's link to the supernatural works like Haley Joel Osment's gift in *Sixth Sense*.

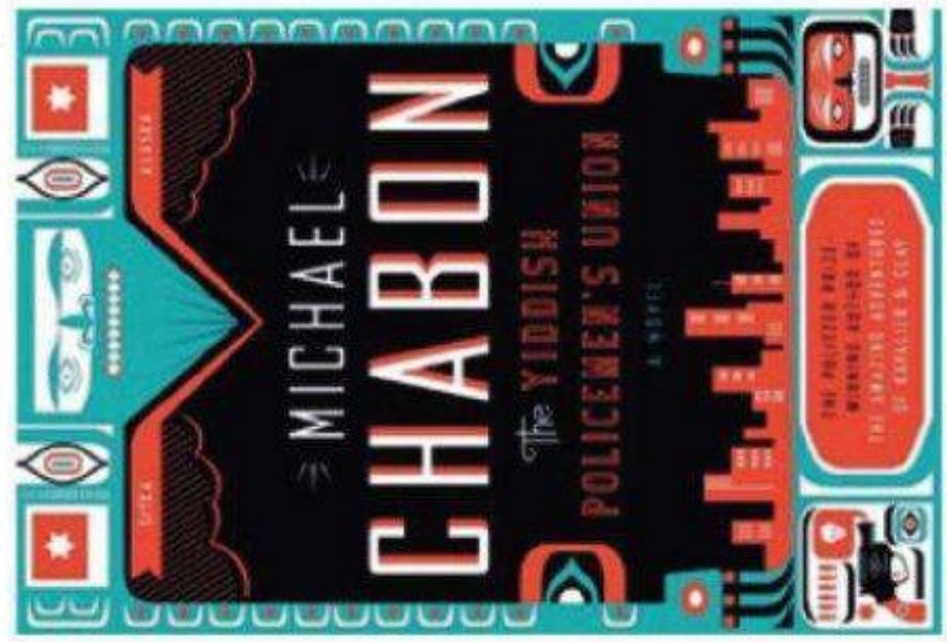


Without Warning ► contains a large number of references to popular culture. Birmingham said he did this as praise for master of horror Stephen King.

WITHOUT WARNING

JOHN BIRMINGHAM

A day before George Bush decides to invade Iraq in 2003, a mysterious energy field wipes out almost everyone in America and parts of the world. This is about its survivors—a general stationed in Guantanamo Bay, an engineer from Seattle and a spy based in Paris. Experts are baffled by the mysterious event that obviously thrilled the Iraquis to no end. "America is gone" is, by the way, the book's subtitle. It sums up what the book's about.

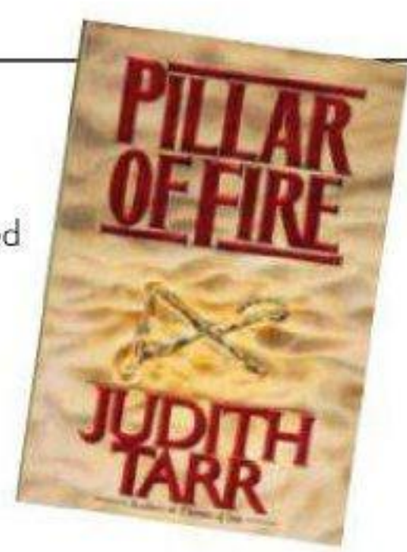


THE YIDDISH POLICEMEN'S UNION

MICHAEL CHABON

There's no room for a Palin in Chabon's Alaska, the setting of this novel. Instead, it's the European Jews, settlers since the end of World War II, who dominate the scene. Our hero is alcoholic detective Meyer Landsman, who is investigating a murder. The mafia is involved, so is a paramilitary group that aims to build a temple in Jerusalem and Meyer's sister. Having his ex-wife as boss doesn't make the situation any easier. But in the end, he and the boss patch up. There are happier moments to look forward to here besides that.

▲ In February 2008, producer Scott Rudin confirmed that a film adaptation of *The Yiddish Policemen's Union* was in pre-production, to be written and directed by the Coen Brothers.



PILLAR OF FIRE

JUDITH TARR

Takes its cue from scorned Egyptologist Ahmed Osman's theory that contends Moses and Pharaoh Akhenaten are the same guy. Told from the perspective of a young Hittite slave, Tarr juxtaposes the story of Exodus and Egyptian history to create a fascinating tale peopled by real-life characters like Queen Nefertiti and the boy-king Tutankhamen. It's a such a thrilling read from start to finish that you'll forgive it for sounding like a research paper at turns.

◄ In *Pillar Of Fire* the idea of Akhenaten as the pioneer of a monotheistic religion that later became Judaism is the perfect juxtaposition to The Exodus. Tarr comments in her endnotes that she was shocked that she had little to tweak historically to write the story.

LAZY MAN'S BOOK CLUB

The Man in the High Castle

PHILIP K. DICK

Dick's alternate history is simple: Imperial Japan and Nazi Germany win World War II. Here's a sampling of what happens if the Allied Powers lost it:

- Everyone is suddenly obsessed with collecting pre-war Americana memorabilia and artifacts.
- As a result of cultural hegemony, people now actively consult the I Ching (Book of Changes), an ancient text that features a divination system. (It's like the Magic 8-Ball, but more dated.)
- Everyone wants to get their hands on the banned book *The Grasshopper Lies Heavy* by Hawthorne Abendsen, in which the reclusive author writes of an alternate history where the Allies win World War II. It's basically Dick writing about himself writing this book. Get it?

WORDS: JED GREGORIO

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12

WORLD OF WARCRAFT: CATACLYSM

And the worldwide domination commences

Saying that the online game *World of Warcraft* is massive would be an understatement. Over 11.5 million gamers (half of it from Asia) play it. That, more or less, is the population of New York.

With *Cataclysm*, Blizzard, creator of *WoW*, expects to recruit millions more to its fold. This offering features an extended storyline and celebrates the return of the nefarious Deathwing the Destroyer, the Voldemort of this saga who was banished in *Warcraft II: Tides of Darkness*. Word is, the game will unleash 3,500 new mission quests to fuel your addiction further. There are also two new playable races (Goblins and Worgens) included in the mix to add depth to an already wide array of characters who are part of this virtual world.

Low: Still, no news as to when *WoW* is coming to our shores, so going around the system is the only way to play it.

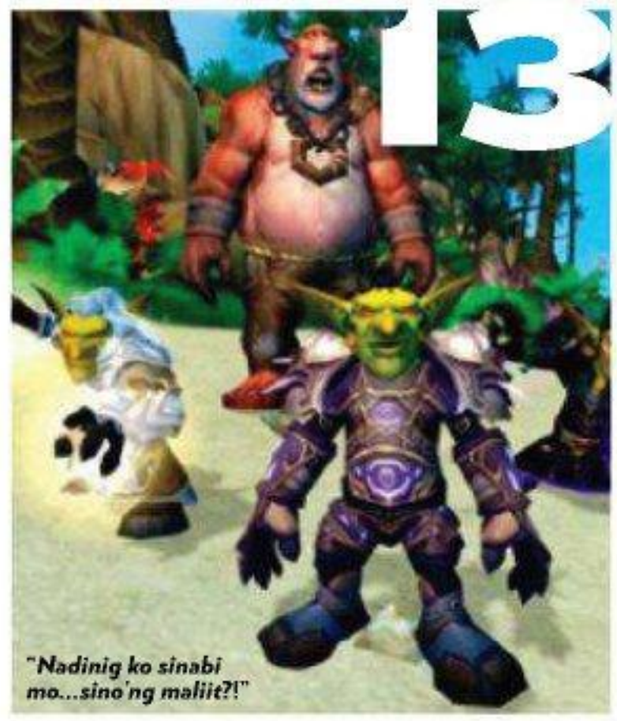
High: To those not in the loop, here are options: You can score game cards using your credit card or PayPal account. If shelling out dollars isn't your thing, scour selected shops for imported game gards or find Internet cafés that offer it.

Verdict: News reports in the past cited *WoW* as cause of starvation, stroke and death among players in the US and Korea. Now, that's addicting.

INFO FEED

DoTA 2—coming soon

The breakout game *Defense of the Ancients* will reportedly have a sequel pencilled in for a late-2011 release. *DotA 2*'s game developer, Valve, which created *Counter-Strike*, promises that the sequel will retain key elements of the original including maps, skills, items and heroes, but will introduce fresh features like new rewards, matchmaking and a coaching system. These innovations mean *DotA 2* will now run under Valve's source engine, eliminating all association with *Warcraft 3*.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"Nadinig ko sinabi mo...sino'ng maliit?!"

GAME BITS

14

DUKE NUKEM: CRITICAL MASS

(PSP, DS)

Reunite with your old PS One buddy and go on an alien-killing frenzy. Run around in over 30 levels across nine different locations and engage in multiplayer mode with fellow nostalgic fans.

VERDICT: Blast-from-the-past fun.

BUY IF YOU LIKE: *Diablo, Chili Con Carnage*

15

LUCHA LIBRE AAA HEROES OF THE RING

(PS3, Xbox 360, PSP)

This is Mexican wrestling where you can choose from over 40 heavily masked combatants to duke it out Lucha Libre style.

VERDICT: No better proof that crude, tacky wrestling is amusing than this one.

BUY IF YOU LIKE: *UFC, Smackdown vs. Raw*

16

DEAD NATION

(PS3)

Set in an apocalyptic wasteland overrun by zombies, this Playstation Network exclusive will have you blasting zombies until you reach level 10. Our tip: Upgrade your items regularly. Think *Plants Vs. Zombies*.

VERDICT: Simple, short and brutal.

BUY IF YOU LIKE: *Resident Evil*

NOSTALGIA

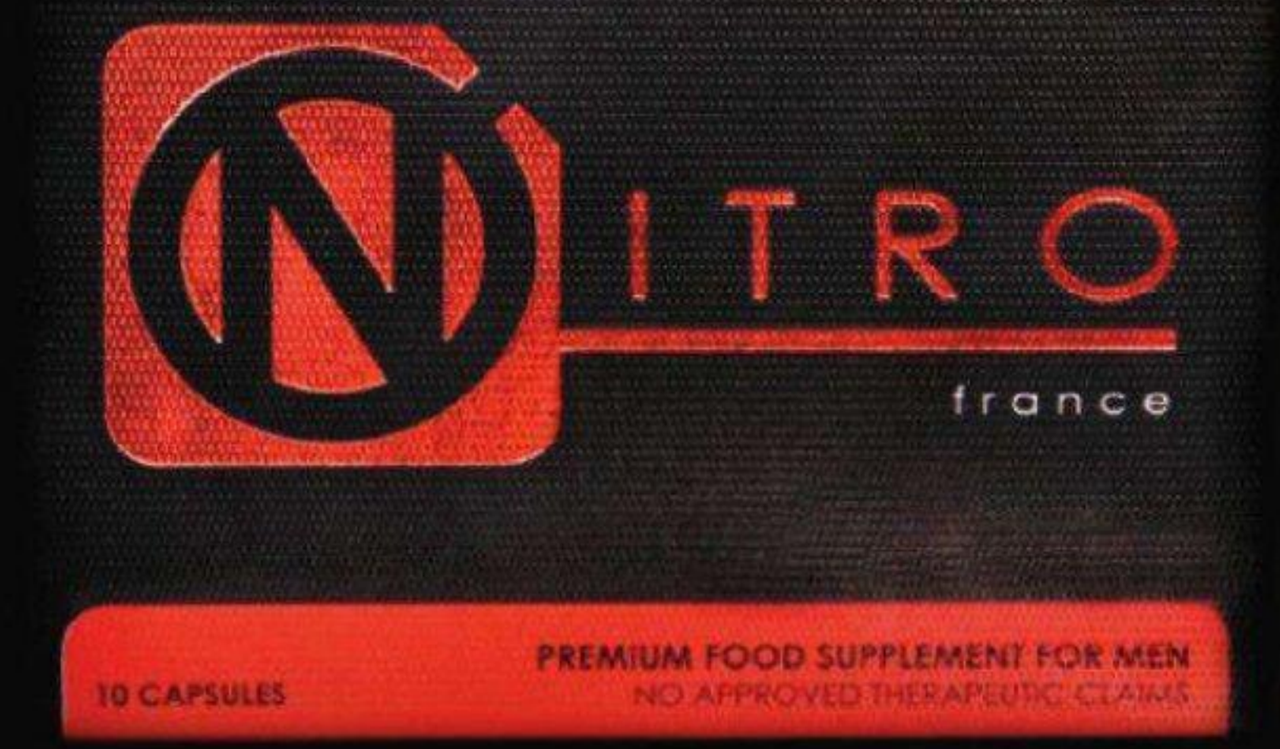
Double Dragon (1987)

Twenty three years have passed and we still don't know how an Asian guy and a white dude became blood brothers in *Double Dragon*, a Nintendo classic dubbed as the granddaddy of beat-'em-up. Throwing knives trump the need for martial arts, but sucker-punching *tambays* is what made it the king of the pre-*Tekken* and *Street Fighter* arena.

WORDS: MIKEY AGULTO

Ito ang gamit ng mga champion!

The NITROsterone Booster



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MUSIC

TANYA MARKOVA

The shock pop band's vocalist Harlon Agsaoay on Marilyn Manson and blowing up Disneyland

Who the heck is Tanya Markova?
Well, it's a jumbled Ilocano word for Natay Karovam, which translates to "your neighbor died." It's also a combination of two personalities: Tanya Garcia, the actress; and Walterina Markova, a popular WWII figure who was played by Dolphy in a movie.

Tell us about your new single, "Disney."
It's about a guy who, because he can't fulfill his dreams of going to Disneyland, decides to destroy it *kahit sa utak lang niya*. Ha ha ha!

We must say, the music video's so true to its theme.
Thanks! It's a stop-motion video. We had fun doing it because we had to create angles and endure lying down for a long time for the sake of art. We're very proud of it. Directors King Palisoc and Odin Fernandez are great visionaries.

The loony getups, do you really wear this sort of stuff every day?
We only wear it during gigs, although it has become a big part of ourselves as artists and as members of this band.

'...we drew our inspiration from Marilyn Manson because he has this strong personality that seems to shock and interest people at the same time.'

Sorry but there's no way we're going to perform without our outfits! Ha ha ha!

On to the staples: Where do you guys draw inspiration from?
Many things. We have been inspired by several artists, not only in music, but also in films, books, and even things around us. When Iwa and I (Norma Love) created this band, we drew our inspiration from Marilyn Manson because he has this strong personality that seems to shock and interest people at the same time. We wanted to achieve that kind of impact, too.

Can you describe your sound for us?
Okay, you can label us as Shock Pop, or Happy Goth (which was coined by one of our fans). We don't want to be boxed in a certain category of music because there's a bit of everything in our music.

Theatrics seem to be a big part of your persona. Got any secret Broadway obsession of some kind?
None! Ha ha ha! But we want to try, though. Actually, we have been thinking about writing scripts for a play, just for the hell of it.

You seem to enjoy pushing the boundaries a bit. Should we expect more shockers soon?
Hmm... Well, we just want surprises! Ha ha ha! We just hope they'll be surprised, too. That's all we want to say for now!

EAR DROPS

Big sound, small reviews

EFFECT DESIRED NONE

IMAGO
(Universal)
Pinoy pop rock is in check with Imago's latest endeavor. Sad and sentimental lyrics coupled with catchy melodies make *Effect Desired None* a good album to listen to on nights when the rain is so strong and loneliness is coursing through your veins. "Bawal" and "Ang Huling Yakap Ng Mundo" are filled with heartfelt lyrics that play out like a tragic romance novel. Livelier tunes like "Premonition" and "Yahoo" will have you thinking of rainbows in bright perky, hues (not the psychedelic sort).

TOMORROW BECOMES YESTERDAY

BAMBOO
(PolyEast)
There is no doubt that this band has a talented set of artists. The vocals are spot-on, the instrumentals are vibrant and give off that effervescent Bamboo sound that the group is famous for, but that's also the problem right there. Consistency is beginning to weigh Bamboo down. The album sounds as if its already been done and heard before. Tracks "24/7" and "Nobody Knows" carry that soothing jazz feel more than worthy of your attention.

STONE TEMPLE PILOTS

STONE TEMPLE PILOTS
(Warner)
Scott Weiland's vocal style here is nothing short of astounding. After 10 years of slumber, STP returns with tracks that play on heavy instrumentation. The classic sound on songs like "Between The Lines" and "Hazy Daze" are more than just a treat for fans of the California rock stars while "First Kiss on Mars" is the surprise track of the bunch, displaying a more sensitive side. It's a combination of grungy, '70s-styled power tunes that isn't anything new but will definitely still keep you head banging.

WORDS: ANTON D. UMALI

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LOUNGE

RING IN THE NEW

HEAT UP 2011 WITH THESE SEXY RESOLUTIONS

Past midnight on New Year's Day—after getting stuffed with ham and fruit salad, watching thousands of pesos worth of Dragon Fireworks go up in a puff of smoke and causing half your neighbors to go deaf with your street-long *sawa*—comes the inevitable soul-searching the New Year always brings.

Now there are the classics, like the undying "lose weight, or the more admirable "get a Bora-ready six-pack by May," or maybe "save more money," or even "spend less time watching Internet porn." But we say...screw that. It's the New Year and you might as well make resolutions that are more, well, enriching. We're talking about your sex life.

Sure, you think you're doing it right, and maybe she's not complaining, but we believe anything as exhilarating as sex can always be vastly improved. Here are four simple and doable sexual resolutions every guy should have.

WORDS: KATRINA RAMOS-ATIENZA; PHOTOGRAPHY: PAUL TICZON; STYLING AND MAKEUP: JO TICZON OF BENEFITS SALON; HAIR: CHRIS RODIL OF L'OREAL PROFESSIONEL; MODEL: MICHELLE BENTO; ILLUSTRATIONS: JAYKEE EVANGELISTA

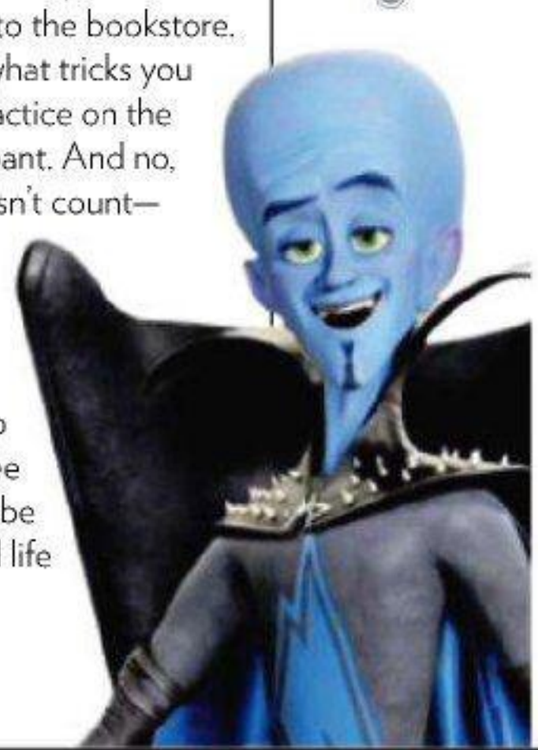
'Wala ngang buhok, kaya lang may peklat'

1 GET EXPERIMENTAL

We all have our favorite things to do in the bedroom, simply because they do the trick (and often in the quickest possible time). While it's nice to have a reliable standby, the truth is that this can get boring—fast. Dr. Yvonne K. Fulbright, sex educator and founder of Sexuality Source Inc., recommends periodically doing "something you would never do in the sack." Challenge yourself by trying something totally new: like a hilariously gymnastic position. Do it outdoors (hey, the thrill of getting caught gets a lot of people off). Bust out the whipped cream, chocolate syrup and feathered handcuffs. Blindfold each other and find out how sensory deprivation can drive you wild. The possibilities are endless.

2 KNOWLEDGE IS POWER

You may think you know everything there is to know about the horizontal boogie, but a little book knowledge can never hurt. Devoting more learning time to sex pays off big time, according to Sandhya Mulchandani, author of *Indian Erotica*. Invest in a volume explaining Tantric sex, or maybe give the *Kama Sutra* a quick browse on your next jaunt to the bookstore. You'll never know what tricks you can pick up and practice on the next willing participant. And no, watching porn doesn't count—those people are paid professionals and half the time they're acting anyway, so trying to imitate what you see on screen may not be as successful in real life as you'd hope.



Not pictured: This woman's vagina clamping shut on his penis

3 LEARN THE FINE ART OF GIVE AND TAKE

Unless your partner is your own hand, sex is always a two- (or three- or four-, depending on your quirks) way street. Ideally, both partners should find the experience pleasurable, and don't assume that just because she doesn't complain, she's enjoying herself. Ask her what she likes. Give a little pay-for-play—for everything you ask her to do, do a little something in return. If she's shy about communicating what she wants, watch for changes in her breathing and body language. A little arch of the back here or a sharply drawn intake of breath there—be observant and you'll get a feel for what works. As Mulchandani puts it, "Sex deserves patience and time." This is also applicable for the planning-to-have-sex stage. The goodwill will repay itself down the road.

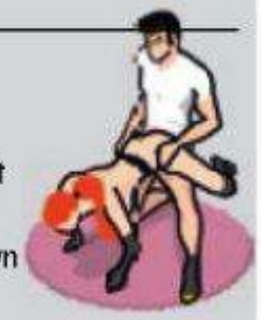
'Sabi ko na nga ba hindi tubig yan eh'

4 INDULGE IN A LITTLE FANTASY

Have you always fantasized about your stacked fourth-grade teacher with the crazily tight pencil skirt? Tell your partner about it. Then listen to her tell you about her burly construction worker daydream. Dr. Ian Kerner, author of *Sex Recharge*, says sharing fantasies is a great way to increase arousal. Not only does it build more trust, it can also lead to some interesting situations. Keep in mind that the key to success in these resolutions is mutual consent. Trying to force something in the bedroom is never ever sexy. So make sure you and your partner are comfortable with all the experimenting, learning, giving, taking and fantasizing you'll be doing this New Year and start going at it like rabbits!

READY, AIM, FIRE!

Five positions to try this Year of the Rabbit



1 THE FIRE HYDRANT

Like the doggy, but with a twist. Your girlfriend gets down on all fours while you kneel behind her. She lifts up one of her legs and "hooks" it behind your thigh. Great for deep thrusting.

2 ARM CHAIR

Sit on the bed or any flat surface with your legs spread out in front of you. Your partner sits on your upper legs, with her legs on your shoulders and her arms supporting her upper body.

3 LEG GLIDER

She should be lying on her side and propped up on her elbow and forearm for this one. She then lifts her top leg, which is your signal to straddle her other leg and enter. Grab hold onto her thigh for added traction.

4 THE ACROBAT

Beginning with the Reverse Cowgirl (your partner on top of and facing away from you), the Acrobat has her leaning all the way backward and resting on top of you. This is a great position to stroke and stimulate her clit while thrusting.

5 DOWNSTROKE

Your partner lies on her back on the couch or on the bed, raises her hips and rests her legs on your shoulders while you enter from a standing position. Commence drilling.

JANUARY GIRLFRIEND

HEART DE GUZMAN

CLOSE TO HER IS WHERE YOU'LL WANT TO BE

PHOTOGRAPHY: PAUL TICZON; INTERVIEW: ALEX C. PAITA; STYLING: MATT GOZUN; MAKEUP: JO TICZON OF BENEFITS SALON; HAIR: CHRIS RODIL FOR L'OREAL PROFESSIONNEL; SHOT ON LOCATION AT FOREST FARMS, ANGONO, RIZAL. ALL SWIMSUITS BY TWINKLE FERRAREN. ACCESSORIES FROM NULLAH

THE HOTTIE AND THE NAUGHTY

I'm the naughtiest in the group. I love seducing the crowd. And the people seem to get that it's all part of the show. In fact, if you were the guy, *mahihiya kang bastusin ako. kasi yung* personality *ko palaban.*

SPOT-ON

We call the act of randomly picking someone from the crowd "spotting." When I do that, I usually lean toward innocent-looking guys who turn out to be not-so-innocent. Them, or the very handsome ones. I haven't dated any of them, though. When someone asks for my number, I don't totally reject him. Oftentimes, I just give them my Facebook account. *Minsan pag sobrang makulit, binibigay ko na rin yung* number *ko.* It's still up to me if I reply to his messages, after all.

ALCOHOLIDAY

I'm not a big drinker. *Napapainom lang ako ng alak kapag* out of the country, *kasi malayo ako sa* family. I need to pass the time and go straight to sleep so that when I wake up the next day, back to work.

LONE WOLF

My onstage personality is far from what I really am. In real life, I'm the loner type. I like staying at home, and when I'm alone I prefer not to watch TV or listen to music. *Gusto ko tahimik naman minsan.*

ON HER OWN

I've been living on my own for two years now. I can say I'm independent. I wash my own clothes and I cook. I can whip up *pancit, adobo* and leche flan. But honestly, *medyo magulo ako sa bahay.* I have to fix my stuff all the time!

VITALS

Age: 21

Occupation: Singer and dancer, Girlz Ink

Single for: Two years

Longest relationship: Two years

Shortest relationship: 11 months

Meet the parents: "I'm super open to them and they support me all the way. But as the only girl in the family, they do give me advice."

Likes: "*Yung lalaking takot ako pero hindi naman niya ako tinatakot. Gusto ko maganda yung ngipin.* Responsible. Caring."

Hates: "*Ayaw ko ng* bad breath. Biggest turn-off yun sa akin."

Where to find her: Girlz Ink shows at Mugen Bar Metrowalk, Pasig, and Status Lounge, Bonifacio Global City, Taguig

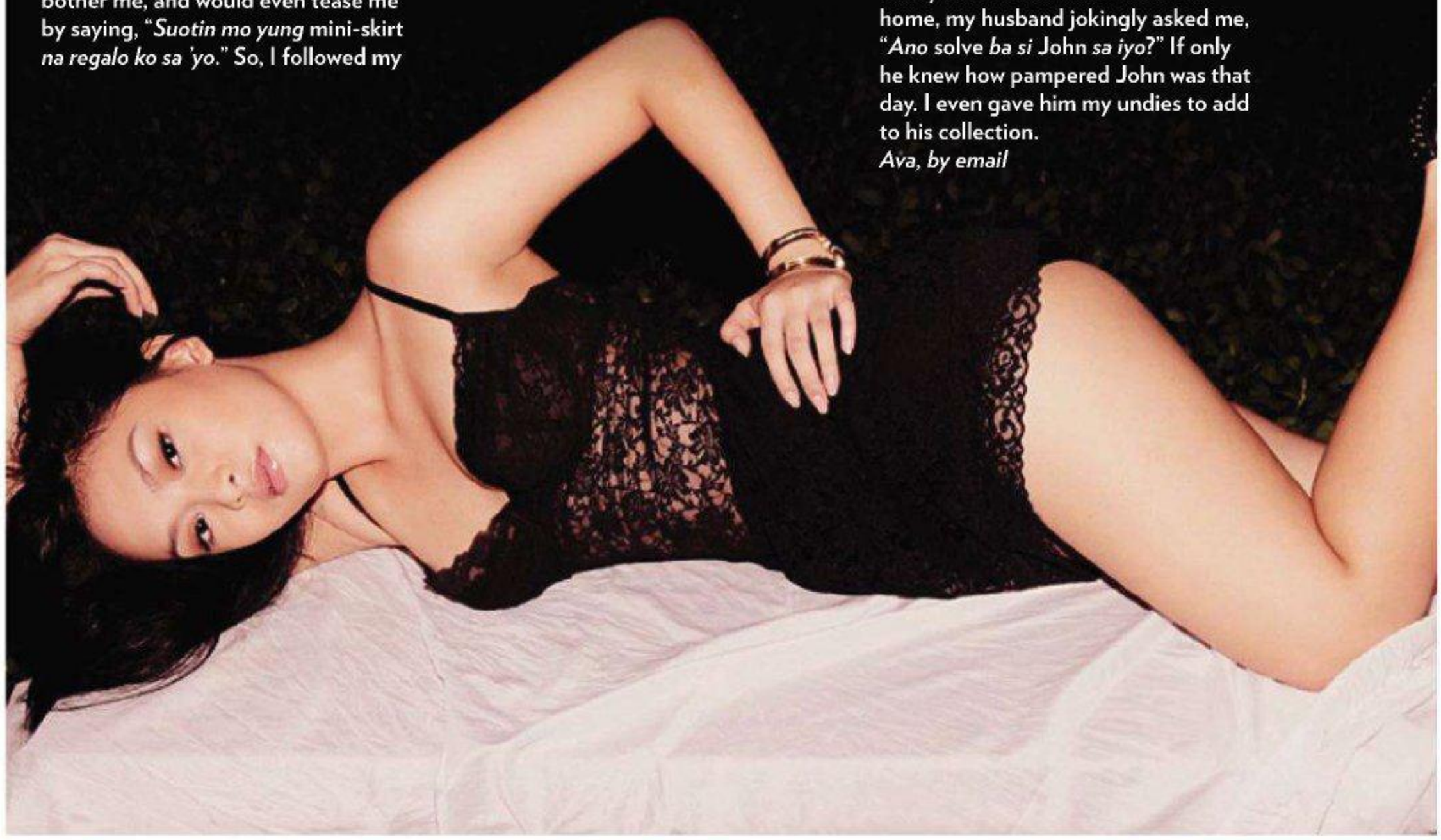
LADIES' CONFESSIONS

BELOW, THE NEW YEAR'S RESOLUTIONS WE WISH LADIES WOULD NEVER HAVE

STORY OF THE MONTH
THE PRICE IS RIGHT!

My boss asked me to look for an accountant for our new office. I asked my husband for references and he remembered our college *kabarkada*, John, who is now a CPA. I knew that John had the hots for me even when my husband and I were still dating back in college. Another guy friend of ours even told me that John would secretly steal my undies and take pictures of me while I was wearing my bikini during *barkada* swimming vacations. I know for a fact he stills keeps them as remembrance. My husband, knowing this didn't seem to bother me, and would even tease me by saying, "*Suotin mo yung* mini-skirt *na regalo ko sa 'yo*." So, I followed my husband's advice. On the day that I met up with John, I wore my super mini skirt and a white tank top, which almost revealed my blue lacy bra. I could see John's eyes roaming as we talked in our office. By the time we finished talking, it was just the two of us inside the office. I asked him, "So *magkano ang ibabayad namin sa iyo* for your services *ha*?" He answered, "*Ikaw na ang bahala*." Then he added while smiling sheepishly, "*Alam mo naman kung ano lang ang gusto ko, eh*." I just smiled at him and asked him to wait on the couch. I kissed him passionately. I remembered his fantasy about me doing a striptease before giving him a blowjob. So I stood, then slowly removed my top and skirt then teasingly threw it at his face. I then climbed back on top of him, removed his polo and pants, and then started to lick his chest down to his abs, savoring every moment. When I finally reached his underwear, I removed it with my teeth. I gave him head and swallowed all his cum, something I never did with my husband. He then instructed me to remove my matching blue bra and panties, to which I obliged. Then he pushed me down the couch and we did the doggie. He came inside me while whispering that I made his dream finally come true. When I reached home, my husband jokingly asked me, "*Ano* solve *ba si* John *sa iyo*?" If only he knew how pampered John was that day. I even gave him my undies to add to his collection.

Ava, by email



MODEL: ANNABELLE URRIZA; PHOTOGRAPHY: CHARLES BUENCONSEJO; STYLING: CIT-CIT SIOSON; MAKEUP: AMANDA PADILLA FOR ESTEÉ LAUDER; HAIR: BORGE ALOBA FOR L'OREAL PROFESSIONEL; SPECIAL THANKS TO MANGO FARM, 22 SHIELD ST., KINGSVILLE COURT, ANTIPOLO, RIZAL; CALL 645 6993 OR VISIT WWW.MANGOFARM.COM; ALL CLOTHES FROM LA SENZA, GREENBELT 3, MAKATI

GIRL ENDS DRY SPELL WITH A LITTLE HIDE-AND-SEEK GAME

My family owns this boarding house in Makati. Since all rooms are occupied, I share the same bedroom with my parents. My boyfriend, who happens to be one of our boarders, stays downstairs. During the night, I would sneak out of our room and go to my boyfriend's room to do the dirty deed. But before that, I would cover my big St. Bernard stuffed toy with my blanket so it'd look like me. The reason for that is because my mom wakes up in the middle of the night to pee then check on me. If she doesn't see me in my bed, she would call my name loudly until I responded. One night—the night I lost my virginity—was the most adventurous moment of my life. My boyfriend and I did a few rounds of foreplay and, finally, experimented with several positions. It felt so great! We were in cloud nine that we didn't even care about our surroundings. When I went out, I saw some of the boarders who were still awake. They told me that my mom had gone down to check on the house. She didn't ask for me so I guess my disguise worked. After a while, I quietly went inside our room only to find that she was still awake. Good thing she didn't see me because she was seated on a chair, with her back facing the door. I immediately closed the door and went downstairs. I asked my cousin to go to our room and text me if my mom was sleeping so I could go back to bed without being caught. After a while, she texted that my mom was still awake. I was also texting my boyfriend at that time, reminiscing what had just happened and laughing about my current situation. After some time, I was getting so sleepy. Good thing I was still awake when my cousin finally texted me that the coast was clear. Whew!

Puppy in disguise, by email

THERE'S NOTHING A NY GIRL CAN'T DO

I was back in the Philippines for the Christmas season. I am currently based in New York but usually visit when the holidays come around. Whenever I'm back in the country, a bunch of friends from high school and I usually go out and hit the clubs. This particular time one of my crushes from back in the day joined us and offered his ride to Makati. It was really hot in the club and everyone was quite sweaty. A couple of shots of tequila and a few beers later, I found myself dancing with my crush. He was grinding on me and I couldn't help but sway my hips and rub myself on his sweaty self. We decided to leave our other friends and head to his house. When we got there he hurriedly pinned me on the bed and removed my jeans and panties. He ate me till I exploded in delight. He proceeded to move on top of me, placing my legs on his shoulders and ramming me hard. It was so good that I couldn't help but moan. After I climaxed, he pulled himself out and blew his load all over my face as I sucked his dick. We ended the night cuddling. Every year when I go home to Manila, I make sure to give him a visit he'll never forget.

RosannaNY, by email

Envious? Then send your story to: *FHM* True Stories, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer St., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

SUN, SEA, SAND, SEX

My then college boyfriend took me on an out-of-town trip to Zambales for a long weekend. We were prepared to have fun under the sun as well as spend some quality time together. We had not yet done the deed with each other and it seemed like he had some special plans for the trip. He had brought with him a bottle of whiskey, which we started drinking mid afternoon. When evening hit, we were already crazy drunk. I started teasing him by rubbing his thighs as we sat on the sand by the shore. He reciprocated by sliding my bottoms to the side and finger-fucking me. He started to lick my ears and kiss my neck, which turned me on all the more. I could feel the bulge in his pants swelling as we torridly kissed. He checked to see if anyone was in the vicinity, as we didn't want to give away a free show. Seeing that no one was around, I pulled down his board shorts, removed my bikini bottom and climbed on top of him. He felt so good inside of me as I straddled him cowgirl style. He placed his hands on my hips and moved with me as I rocked back and forth in ecstasy. We fucked under the stars and it was a very memorable time. The rest of the trip was spent in our cabana, where we made sure that no time was wasted in getting to know each other just a little better.

Wickedbabe, by email

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Prepare: P1,900

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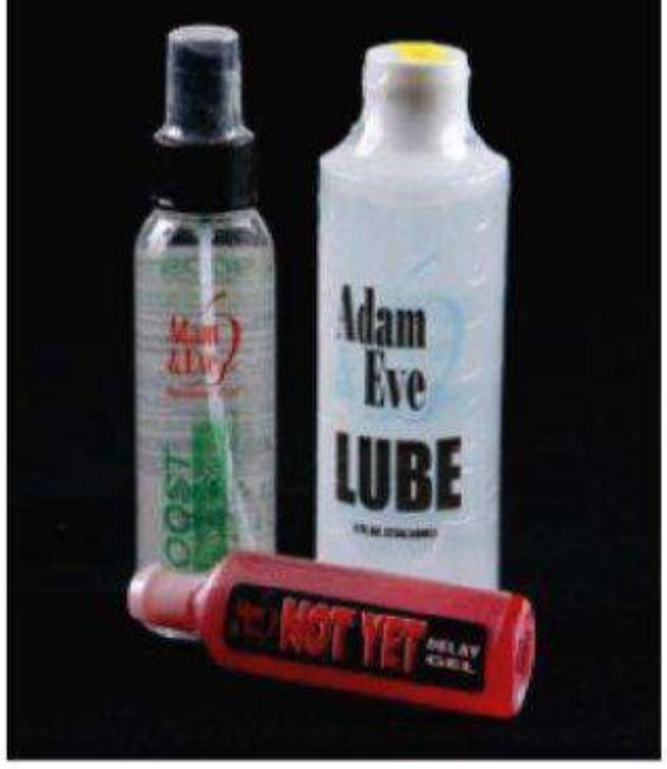

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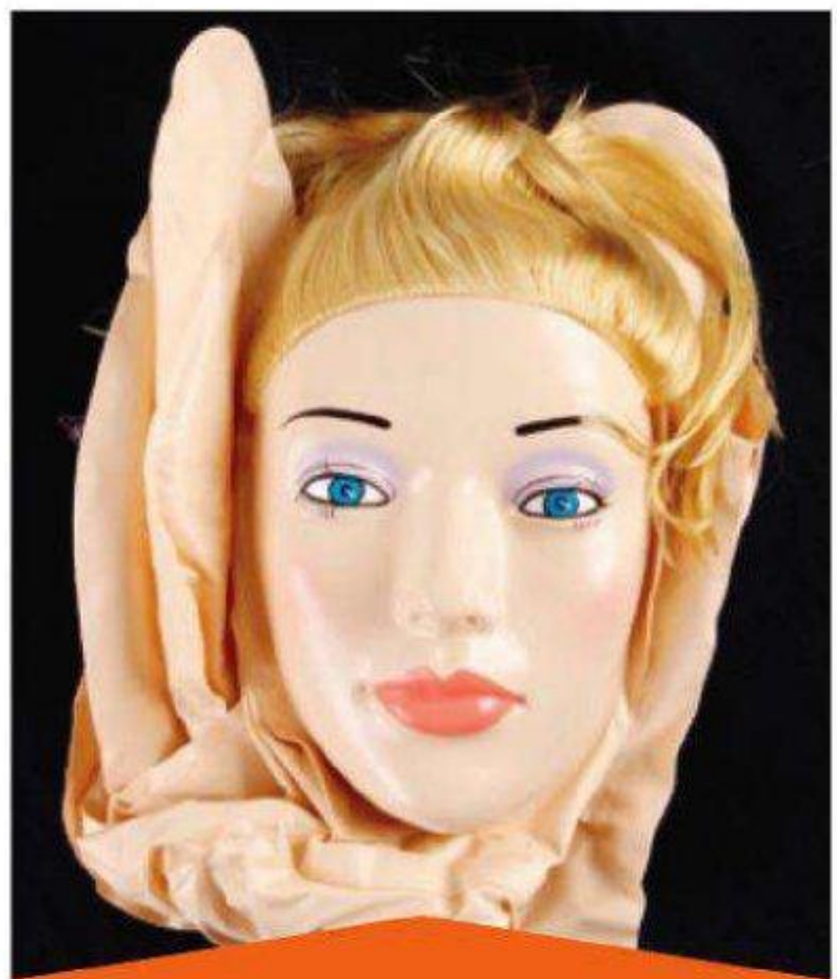
Prepare: P800



SECRETARY DOLL
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Prepare: P2,500

WORDS: KHYNE PALUMAR, PHOTOGRAPHY: VINCENT COSCOLLUELA; CALL 700-1039 OR VISIT XTOYSPHIL.COM

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DRAW DATE	PERIOD RECOVERED	PRIZES	NO. OF WINNERS /PERIOD
Feb 7, 2011	Jan 1-31, 2011	Apple iPad Wifi 64 GB	1

5. Draw will be held via electronic raffle on Feb 7, 2011, 4:00 PM at the Summit Media office. A DTI representative will supervise the drawing of the winner. The monthly prize is one (1) Apple iPad.

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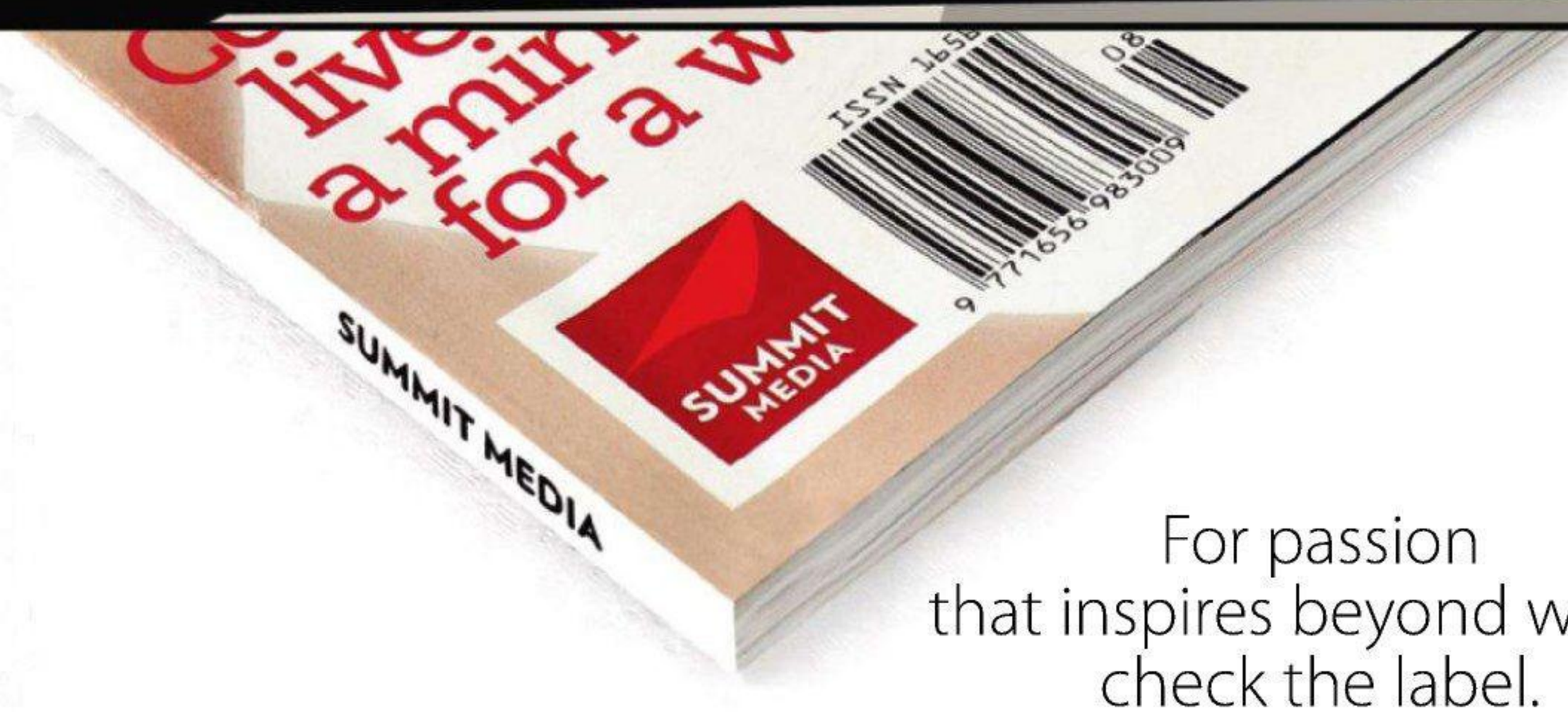

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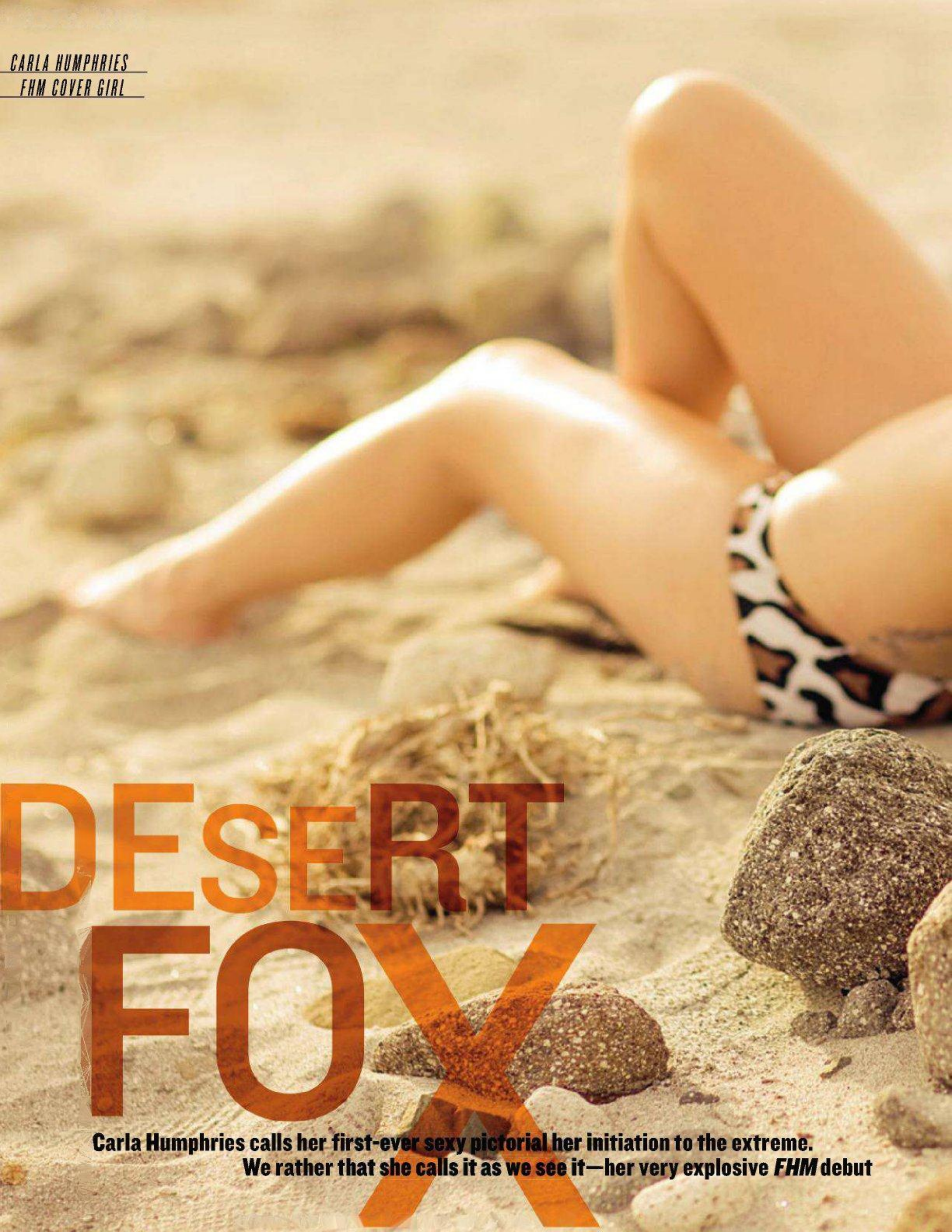


DESERT FOX

Carla Humphries calls her first-ever sexy pictorial her initiation to the extreme. We rather that she calls it as we see it—her very explosive *FHM* debut

PHOTOGRAPHY: **DOC MARLON PECJO**

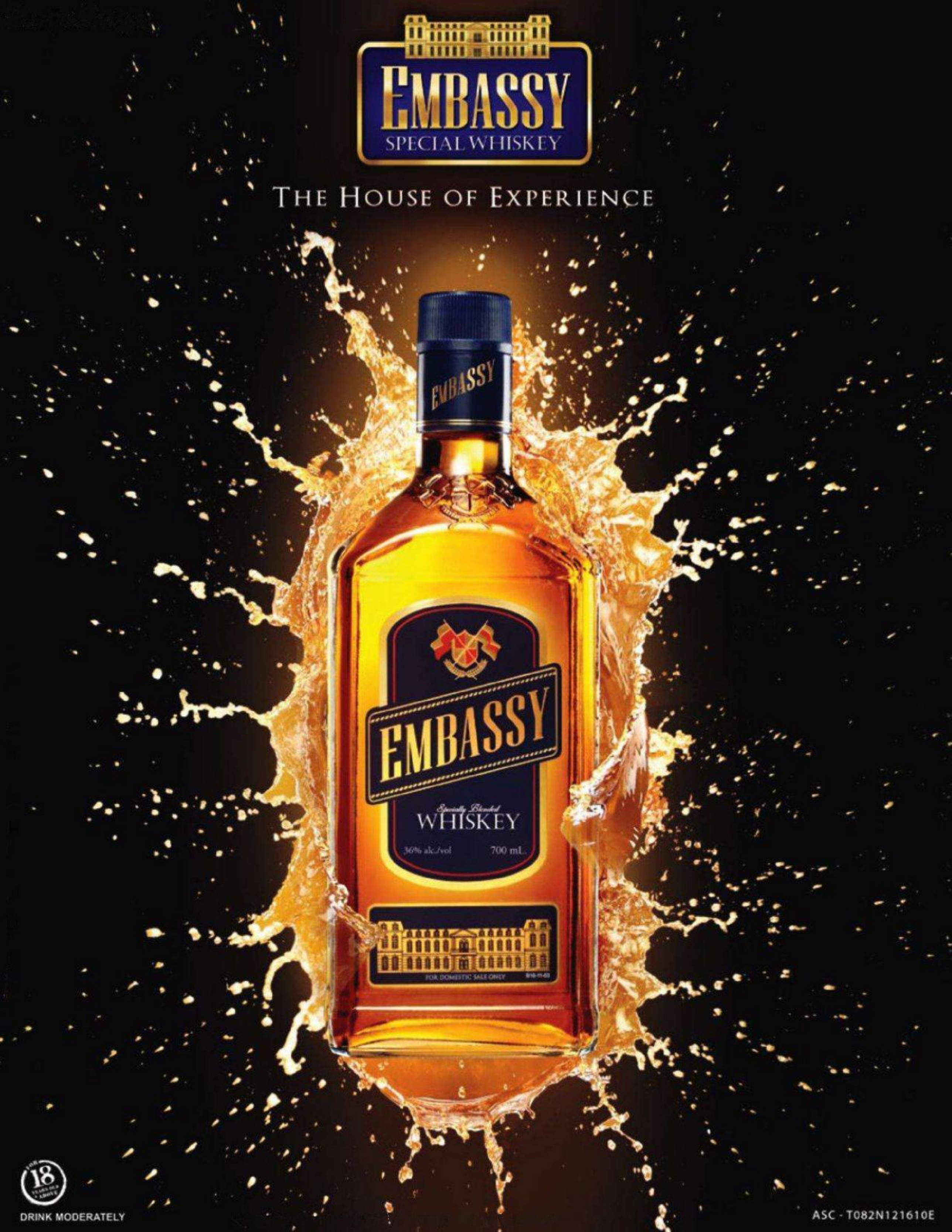
INTERVIEW: **LOU E. ALBANO**

STYLING: **DARYL CHANG**
MAKEUP: **SOLENN HEUSSAFF**
HAIR: **VIANNEY GUESE**

SPECIAL THANKS TO **MS. ANNABELLE RAMA, RAYMOND GUTIERREZ, VINCE UY, LIZ UY, JUN LALIN, AIRGURUS LOGISTICS**

BROWN DEEP V MAILLOT - RISQUEDAREWEAR SWIMSUIT, 3/F 3BB BLDG. 79 KAMUNING ROAD, QC; FRINGE BLACK TOP - L SPACE, SWELL, 2/F EASTWOOD MALL; LEOPARD BIKINI, RYGY, SWELL, 2/F EASTWOOD MALL

NECKLACE, PARFOIS, GLORIETTA 4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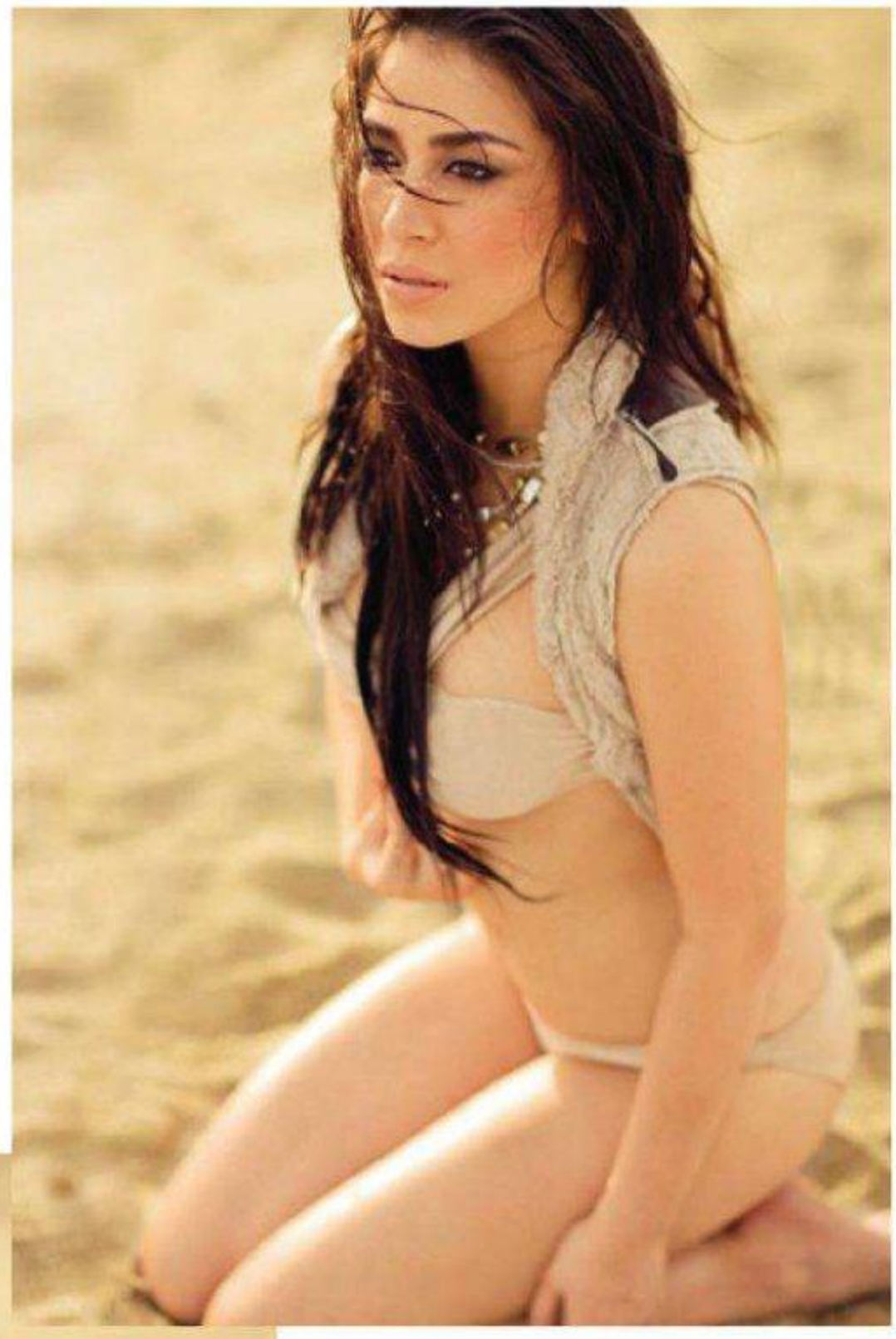
The last safety instruction we received upon takeoff was to move forward. This was mostly everyone's devirginizing helicopter ride—makeup artist and *Survivor Philippines Celebrity Edition* third-placer Solenn Heusaff exclaimed to herself, "I love helicopter rides!" which made us think she's a veteran with chopper rides. So the ball of nerves that we were, we listened intently to everything the ground crew had to say. Go up ahead the chopper's nose, where the pilot is, because the tail rotor can slice you real good, a member of the ground staff casually informed the team as he swung the door lock. Move forward, don't look, much less head back.

Move forward: apt for Carla Humphries's first *FHM* appearance. This smoldering shoot is our cover girl's way of doing that. Carla gracing the cover of our humble little rag is her way of evolving. See her hold that flare? Walk around the desert like a temptress let loose? Lie down on the dunes in a fine little swimsuit? That, according to Carla, is liberating.

"I've always played it safe," the 22-year-old TV5 star tells *FHM* after the exhilarating ride. "I never took chances. When I changed networks, that was my first step. I want to boost things up a bit more, *i-todo ko na ito*. Because *nagma-mature na ako* in real life so *kailangan, mag-grow din yung* career *ko*. We move forward and evolve!



"Besides, this is a great way to start a new year in a new way. This shoot, *dadalhin ako nito sa labas ng* comfort zone *ko*. When you're out of your comfort zone, there are surprises in store. *Hindi mo [rin] ma-ko-control ang pag-iisip ng tao, pero ako*, I'm fine with that. I'm in a good, happy place right now."

Which makes us nod in agreement to what she had to say: "A woman, or people in general, they're at their most beautiful *pag masaya sila*." Well, Carla, you must be a very, very happy woman. Perhaps as happy as we are, now that you're here.

Welcome to *FHM*!

You know, this is my first sexy pictorial.

Thank you, we feel very honored.

Ever since I turned 18, *tinatanong na ako kung puwede ba akong mag-men's* magazine. *Eh*, before *talaga*, and because I come from a conservative family, *talagang hindi pumasok sa isip kong magagawa ko ito*. I was so young, *hindi ko pa kilala sarili ko, hindi pa ako ganun ka-confident. Kung sa* beach *nga, hindi ako masyadong rumarampa nang naka-bathing* suit. It just never occurred to me.

BIKINI - RISQUEDAREWEAR SWIMSUIT, 3/F 3BB BLDG. 79 KAMUNING ROAD, QC; VEST & NECKLACE - PARFOIS, GLORIETTA 4

So what finally made you change your mind?
Raymond [Gutierrez] asked me if I'd be willing to do a cover. *Sabi ko, hindi ko kaya. Sabi niya,* "Sure *ka?*" I said no. And then he called again, *sabi niya,* "I have a good team. *Maganda yung* concept, *puwede mong pilian*" and *lahat ng kasali sa* shoot, friends *ko.* Vince Uy is a very close friend, he's the brother of Liz whom I'm very close to also. Solenn, is a very dear friend and she offered to do my makeup. The stylist Daryl Chang also works with Liz and Vince *tapos* Doc Marlon *pa,* so *ang ganda ng team.*

Wow, so we have Raymond to thank for all this.
Sabi niya, "Ano ka ba? Legal *ka na rito at sa buong mundo!" Oo nga naman.* And a real actress, *hindi naman puwedeng habang buhay, iisa lang ang* role *na pino-portray. Nung lumipat ako sa* TV5, first step *yun.* Since *na-expose na ako sa* change, I want to boost it up a bit more. I should give it my all.

Any regrets that you, maybe, want to compensate for with this shoot?
We all went to Macau for tita Anabelle's birthday, Royal Era and her family, and decided we would all bungee jumping. I guess the regret is that after I made up my mind to conquer my fear, we didn't get the chance, cause our schedule didn't permit it. So when we got back and Raymond asked me again, I decided, the (*FHM* shot) would be my bungee jump.

And?
I'm so happy. Everybody had a fun time, *tapos bongga pa!* Not only did we ride one helicopter, we rode two! And it was our first time, most of us! *Ang saya kasi* we experienced it all together. And I realized, *para sa ibang tao, FHM* is just sexy. But no. I think it's celebrating your womanhood and it's celebrating a woman taking power of her femininity and not being ashamed of her body or of who she is. *Kumbaga,* you're stripped of any inhibitions and you're just being yourself. It's a beautiful thing, actually. It's so exciting. I even held a flare, first time *din yun!*

A lot of firsts for you.
First time *ko ring pumunta ng* Zambales! *Napakaganda pala ng* Pilipinas. I think it's great *na puwedeng ipakita ng FHM hindi lang magagandang* Filipina, *kundi napakaganda ng* Pilipinas.

Great to hear you had fun.
Nag-enjoy ako! Exciting *siya. Kanina nung nasa harap ako ng* camera, I felt empowered. I never thought I'd appear in a men's magazine.

Why is that? You were rather very confident and you exuded such sexiness.
It could be very unexpected to some, and even to myself, but I guess I do have it in me and I am sexy! I think every woman has this sexiness in them, they just have to turn it on.

So how did you turn yours on?
Hindi ko alam kasi sobrang conscious *akong babae.* I've never came across as a confident and sexy woman. *Yung mga kaibigan ko lagi nilang sinasabi ang hinhin ko raw. Lagi nila akong niloloko kasi lahat ng gagawin ko, tatawag muna ako kay* daddy *at* mommy. *Sobrang* out of character [*daw*] *ito.* But when we got there, *nakita kong walang tao, parang* it's so liberating! *Lahat tayo, masaya. Ang ganda ng lugar, nakakadala! Lahat ng kasama ko, na-enjoy ko. Ang saya-saya ko:* First time *kong mag-helicopter,* on a high, very positive and everybody was ready to do anything. Game *lahat* to work *so nadala talaga ako. Ayun!*

So again, how did you turn it on a while ago? Was there a song in your head, a movie, a guy?
No! I've been single for a while now. I haven't thought about a guy for a while now.

Pretty hard to believe. Dating, at least?
I am always out with my friends, but even with my friends, I'm just in the background, away from attention and playing it safe. The good girl. And so this is my way of getting myself out there. Sometimes you have to take a chance to get something in return.

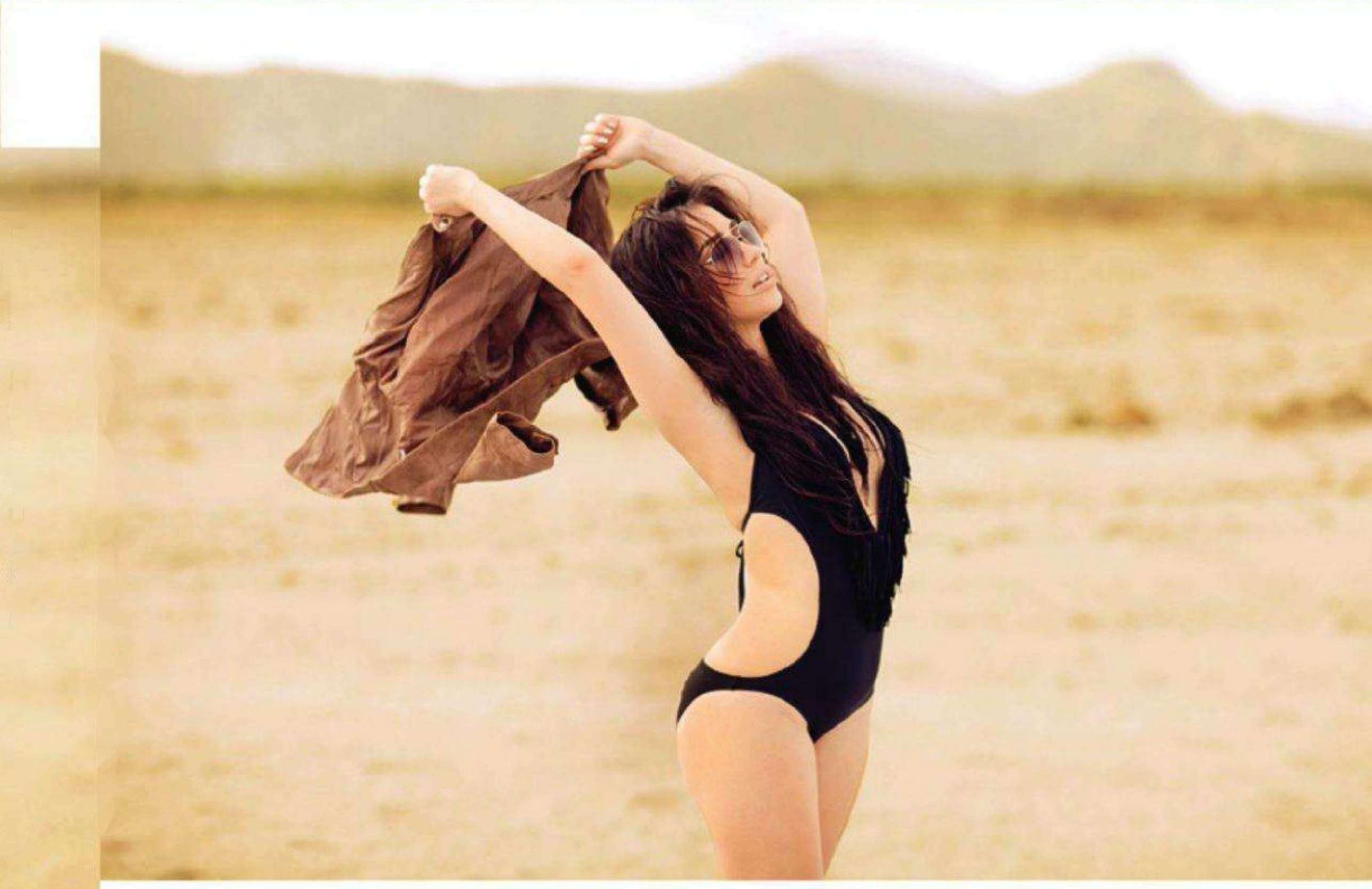
So you're not seeing anyone now?
I guess I'm not the *ligawin*-type. Men don't just go up and talk to me, which is fine. I just hope I don't come off as *suplada* because actually, I'm *mahiyain.*

Your guy friends are right. Hanging out with the It crowd doesn't help either. It can scare men away, too. Very intimidating.
You spending the day with us, *ano sa tingin mo? Yung mga kaibigan ko,* they're real people with simple *babaw* joys, but we're not *mababaw.* We treasure each other's friendship and respect each one's individuality. I guess because we do like to go out and get glammed up, people sometimes get the wrong impression.

So what's the best way for a dude to befriend you?
Ang pinakagusto ko sa lalaki, yung dadalhin ako sa isang lugar na hindi ko pa napupuntahan. Or *may gagawin kaming* never *ko pang nagagawa. Basta totoo siyang tao,* and *wala na siyang—kasi may mga lalaki* who still have something to prove—[*gusto ko yung*] relax *lang siya. Walang kiyeme-kiyeme.*

Wish list: What are you looking for in a guy?
Preferably, someone who is a few years older than me—just a few *ha,* not super older than me. Hopefully, someone from a good family. *Mahilig ako sa moreno kasi maputi na ako.* I like jokes! Or food—as you can tell, *malaman ako.* I enjoy sharing a good meal with someone and just talking about it. Or, I enjoy people's stories, where they come from, what they want in life. *Medyo* deep *akong tao pero yung makipagtawanan lang, mga ganun.* If someone makes me laugh, they'll see *na sobrang dali kong kausap.* Physically, *pinaka-importante yung* arms *niya, kaya niya akong yakapin.* Can reach all around me. But No. 1 on my list is someone who will bring out the best in me in every way.

SWIMSUIT - L SPACE, SWELL, 2/F EASTWOOD MALL;
JACKET - PROMOD, GREENBELT 5



That's nice.
Yes, [*pero*] *natuto na rin ako. Kailangan*, I have to enjoy my single life. *Kasi bata pa ako. Paano kung kinasal na ako? Tsaka ako magwawala? Tsaka ako mag-iisip na sana ginawa ko ito, sana ginawa ko yun?*

So what else would you like to do? Any plans for the New Year? Where will you be New Year's Eve?
I'll be at the beach with my friends, which is another first! That's why, next year, expect to see a more confident and classier Carla.I want to get rid of my negative baggage to make room for my positive blessings. I'm doing this for me and for my growth as a woman, an artist, and as a person with hopes for the best. As for plans for the New Year, *sana sumabay ako sa pag-angat ng* TV5. *Sana*, I get my big acting break. *Sana*, eventually *magkaroon ako ng* award. *Sana gumawa ako ng* indie film *at magkaroon ng* award *sa ibang bansa. At sana, makilala ko pa yung sarili ko. Sana makilala rin siya ng ibang tao.*

So introduce yourself to us.
Carla Humphries is down-to-earth, fun-loving, easy-to-approach. *Ako, sa totoo lang, puwede akong makihalubilo sa kahit anong klase ng tao. Puwede akong maging kengkoy at wa-poise.* I think it's very important to be able to laugh at yourself, that you don't take yourself too seriously. Life becomes easier, *walang* complications. You know, I've realized when I look at myself, *puwede rin pala akong maging* sexy. *Pero* it's hidden. You have to open the pages of *FHM* to find out!

You sound like the kind of girl *FHM* will get along with nicely!
I'm glad I chose *FHM* for my one-time, big-time! You didn't let me down and made this experience so memorable. Thank you! **FHM**

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THE YEAR TH

MOVIES

THE INDIE SYNDROME

A little of the DIY ethic everywhere—and what veteran film experts have to say about it

DIRECTOR ERIK MATTI TO 2011 FILMMAKERS: FUCK ART!

"We've gotten to a point where the grants are so small that the narrative suffers in favor of good substance," says Matti of the movie industry in 2011. He explains a lot of directors are heading down the route of substance over execution, a school of thought only Filipinos seem to be practicing. "A lot of the indies coming out always end up going the artsy-fartsy route only because they don't have enough material to tell the story better. They end up with cliché devices, using a song all of a sudden, or utilizing a quiet moment *na bumabyahe tapos* sunset; you're left presuming, "wow, such a poetic scene" when in fact there is really nothing after that." Bottom line: craftsmanship should always be taken into account, being meaningful can come second.

TO-COIN FILM LINGO OF 2011: "MAINDIES"

Maindies, or mainstream indies, seem to be a concept almost common in today's lexicon. With Star Cinema's Skyline productions, a sort of flagship for the more independently produced films, it is expected that more independently packaged studio films will be coming out this year, boxed as films with more third-world themes but backed by a not-so-adequate budget.

CINEPHILES REJOICE

Local films to hit the big screen this year

RAKENROL

Revolves around two friends (played by Glaiza De Castro and Jason Abalos) who decide to form a band. What ensues is a coming-of-age revelry that only great genre-oriented directors such as Quark Henares can deliver. Expect a '90s scene vibe a la *Reality Bites* with numerous cameos from local rock personalities. Director Erik Matti says of Quark's work: "If marketed well, the film can be this generation's *Bagets*."

REMINGTON AT ANG ZOMBADINGS

They say zombie is the new vampire, but a gay zombie horror comedy in the spirit of *Shaun Of The Dead*, unheard of! Those handles put together are enough to create buzz and get people off their asses and into theaters. Originally called *Patayin Sa Shokot si Remington*, the film wrapped in November and stars *StarStruck 4* avenger Mart Escudero.

SENIOR YEAR

Jerrold Tarog's much anticipated high school drama after his award-winning *Confessional*. The movie follows the lives of 10 high school students at St. Fredericks Academy before graduation and finally when they venture into a new world outside the school's walls. Heartbreak occurs; friendships are found and lost as realities of life take hold of misguided youth.

AUTEUR NATURE

From genre-specific to the wildcards of the scene. The filmmakers to keep an eye on this year

RICHARD SOMES

Wrote and directed a segment for 2005's *Shake Rattle and Roll* entitled "Ang Lihim Ng San Joaquin". In 2008, he directed Joel Torre and Ronnie Lazaro in *Yanggaw* and last year's *Ishmael*. Talented, consistent, and genre-oriented. A man with definite cinematic style.

JERROLD TAROG

Known in the indie circuit as a film composer. His originality was apparent in his 2009 Cinemalaya film *Mangatyanan*. This year, his film *Senior Year* is one that's hoping to reach the younger market. With just four films under his belt, talk around town is, Tarog is doing something right.

JADE CASTRO

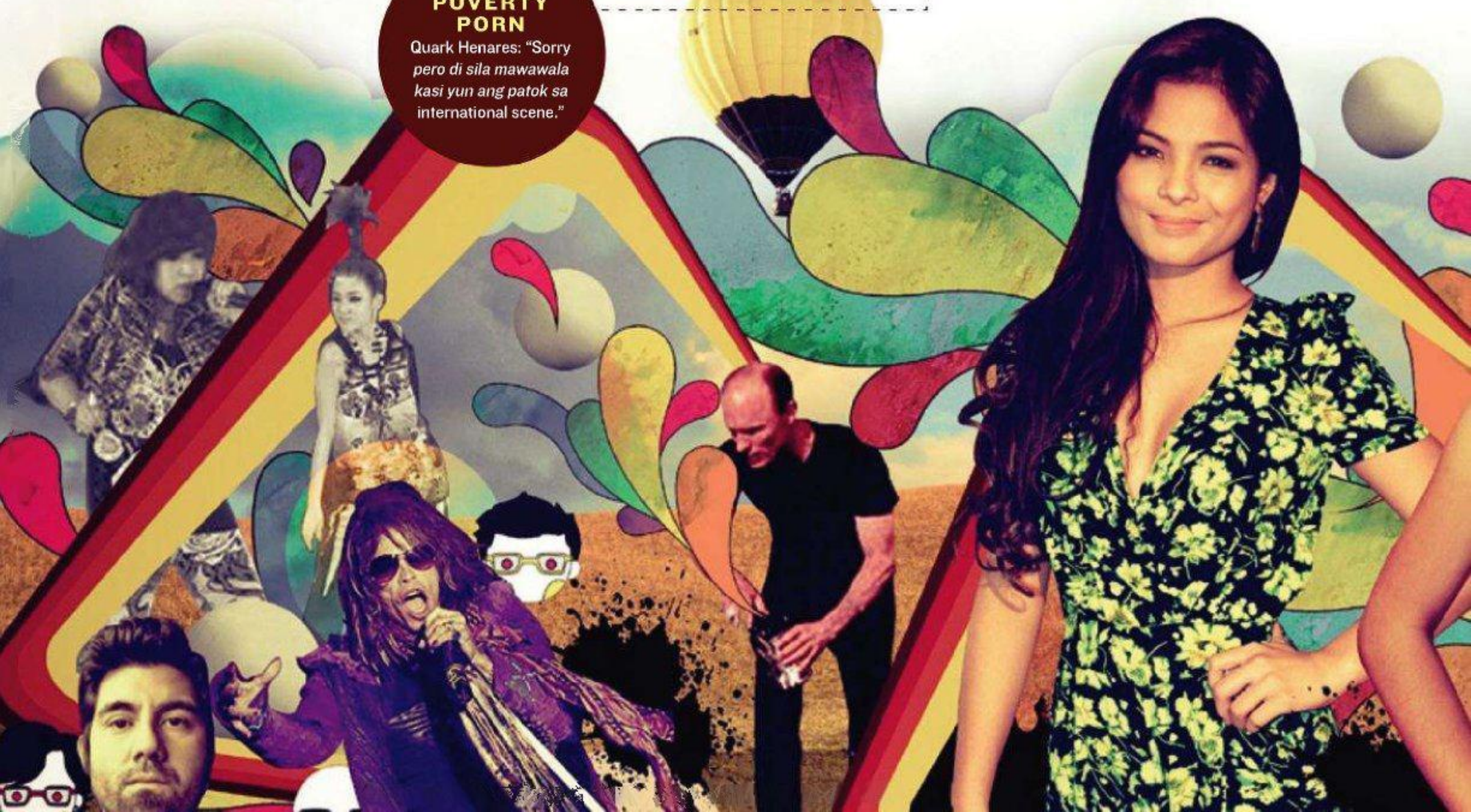
A jack-of-all-trades dabbling in sound and animation, to TV and film, it was his 2007 film *Endo*, a love story that saw him with a bigger directorial career. His 2011's gay-cum-horror/comedy *Remington At Ang Zombadings* has people cringing with delight.

SHERAD SANCHEZ

His 2006 release, *Huling Balyan ng Buhi*, was met with mixed reviews. But his most recent, four-hour long *Imburnal*, was hailed at the Korean Jeonju International Film Festival as innovative and experimental.

ON POVERTY PORN

Quark Henares: "Sorry *pero di sila mawawala kasi yun ang patok sa* international scene."



WORDS: KHYNE PALUMAR, ANTON UMALI, MIKEY AGULTO, CARLO MALLO ILLUSTRATIONS: WARREN ESPEJO

AT WILL BE

2011's food, music, movies, sex and disasters—forecast *FHM*-style!

CHICKS WITH CHOPS

Top actresses that bring the talent back to beauty

GLAIZA DE CASTRO
Direk Matti: "I really like Glaiza. That girl is talented. But what might work against her is the fact that she looks like Angel Locsin." Maybe not, Direk.

LOVI POE
Her father was the king, and she's proving to be just as royal. Last year's *Mayohan* earned her the Best Actress title in Cinemalaya.

CHERYL RAMOS
A success in Jerrold Tarog's *Mangatyanan*, and starring soon in *Senior Year*. She's what you call a creeper, subtle but effective.

MUSIC

POST NU-107

Ushers in a music scene unfamiliar to those who like to head-bang

KOREAN INVASION
We don't know what they're mostly singing about, but they're invading the mainstream anyway. With groups such as 2NE1, Super Junior and SNSD, K-pop looks and sounds like a hit anywhere. Quark Henares, who also fronts US-2 Evil-0, says of the trend: "You can expect a lot more of K-pop. It's the silliest thing I've ever heard and it makes me scared for rock 'n' roll! Ha ha!" Bring on the dancing *chinitas*!

SPIT FESTS
By now we've all seen those FlipTop rap battles on Youtube. Henares gives us his take on the growing trend we've come to borrow from our rap brothers from other mothers:

"The thing with Pinoy hip-hop is *wala rin siyang* mainstream presence," says Quark. "*Mas magulo pa nga yung* hip-hop compared *sa* rock scene. It's very segmented, *kasi ano ba talaga yung* hip-hop? Here, you have Gloc9, but then you have bands like Corporate Lo-Fi that's a more upper-class type of hip-hop. *Pero maganda yung mga sunugan na yan.* I hope radio stations give them air time *kasi yun ang* key to getting the masses. The hip-hop they play is still *mga tipong* Kanye or Jay-Z. I think both hip-hop and rock will never die and they will usually thrive underground. Sometimes that's where rock and hip-hop works best—in the dingy clubs. *Mas* genuine *yung* music when it breathes in its subculture. I hope this thing with Noynoy pushes through, *yung* four songs *sunud-sunod na* OPM [radio air play]."

THEY SAY THE ROCK SCENE IS DEAD

Here are the bands that will resurrect it

IDENTIKIT
Sandy Buladaco (vocals), Manny Marinas (drums) Joe DeJesus (guitars /fx.), Darrel Ballesteros (bass), Rommel Celespara (synths /samplers) this synth-pop heavy band draws influences from the likes of Metric and Minus The Bear. Unsigned but already generating industry noise.

FLYING IPIS
Namesake of Manila's finest creepy crawly, they are currently shopping around their aptly titled *Flying* EP featuring five original songs. With a brand of alternative pop rock suitable for a more mature audience.

ROW4
Composed of Ebe Dancel, Rico Blanco, Top Suzara, Yael Yuzon, Gabby Alipe and Chito Miranda. Members alone are all the explanation needed.

FLYING IN...

Are these foreign acts that are bound to make Manila mad

DEFTONES
Splintr.com is flying the metal band in to promote their latest album *Diamond Eyes* in February.

THE WHITEST BOY ALIVE
After the success of Kings Of Convenience last March, indie rockers The Whitest Boy Alive are rumored to make an appearance.

MGMT
Quark Henares says they are working on flying in the indie-rock idols.

AEROSMITH
There are talks of the rock legends led by the always unpredictable Steven Tyler of setting up a concert right here.

P-NOY IS PRO OPM!
President Noynoy has addressed NTC to enforce his late mother's Executive Order No. 255 that mandates the playing of Original Pilipino Music (OPM) songs in radio stations.

SPORTS

BOX TRENDING

Sports analyst Quinito Henson on boxing and Manny Pacquiao

ON WHETHER MANNY PACQUIAO WILL SUFFER HIS FOURTH LOSS THIS YEAR

Manny's won his last 13 fights. I'm sure the wear-and-tear of a long career will eventually take a toll. Manny knows his limits. He's in the best position to decide when it's time to retire. I'm sure he will hang up his gloves before there is a higher probability of him losing than winning.

ON THE NEXT BOXING PROSPECT OF 2011

WBA No. 1 superflyweight Drian Francisco will definitely be the fighter to watch in 2011. Others are minimumweight Denver Cuello, flyweight Milan Melindo and, possibly, Mercito Gesta.

ON THE CHANCES OF A PACQUIAO-MAYWEATHER SUPER FIGHT HAPPENING THIS YEAR

I'm hoping it does. There's talk of a trilogy starting in May. Manny shouldn't think of fighting anyone else. Mayweather needs the dough and he knows Manny's the ticket out of his legal problems. In the end, it'll be all about money for Pretty Boy.

ON 2011 BEING MANNY'S RETIREMENT YEAR

It all depends on Mayweather coming to the table. The signs of retirement are clear. Manny is becoming more and more involved in Congress. He said he can still fight until he's 35 and nobody doubts him. But there are now other more important priorities in his mind.

IF FLOYD CHICKENS OUT

PacMan's got a new hit list to cover

Tim Bradley
Considered by boxing magazines as the best light welterweight fighter today, Bradley, like Mayweather, is still undefeated. He is set to defend the WBO Light Welterweight Title against Devon Alexander later this month.

Cesar Chavez Jr.
Son of the legendary Mexican boxer Cesar Chavez Sr. and yet undefeated. Chavez is the reigning WBC Silver Middleweight Champion, but here's the real catch: he also trains with Freddie Roach.

Andre Berto
The reigning WBC Welterweight champion defended his title against the likes of Carlos Quintana and Juan Urango. Manny in turn is the current WBO Welterweight champion, which means a unification bout could take place.

Sergio Martinez
Once remarked Pacquiao was "too small" and thought a bout against him "would be a mismatch." Manny could easily take his statements as motivation.

Juan Manuel Marquez
A third bout with Marquez is fine by Manny, but not by everyone else. "If I were a boxing fan, I would not watch Pacquiao vs. Marquez," says Manny. Marquez, however, is the reigning WBO and WBA Lightweight champion, bringing more weight to their rivalry.

THE BREAKOUT SPORT OF 2011

Because fun runs are so 2000-and-late

WAKEBOARDING

The region of Camarines Sur surged from thirty-ninth richest province to tenth in a span of a few years, all thanks to wakeboarding. Resorts such as the CamSur Watersports Complex and the Wake Park World are now home to some of the most renowned wakeboard tournaments in the world. This year will see the sport move to nearer grounds as the new Republic Wake Park resort in Nuvali, Laguna finally opens in May.

BIKING

Sidewalks, trails, and roads are now biker-friendly, with biking events fast becoming a trend for organizations such as the Firefly Brigade. Add to that this feel-good sport is also a look-good sport. "*Porma* sport *yun eh*," says *FHM* mascot Superbonngg, who also happens to be a two-wheel enthusiast. "*Alam naman natin ang mga* Pinoy, *maporma*."

CROSS TRAINING

The prospect of cross training can be applied in many sports. In mixed martial arts, it involves training in multiple martial arts and fighting styles to become proficient in all aspects of combat, such as Muay Thai (striking) and Brazilian jiu-jitsu (grappling). Cross training can also be applied to fitness, combining exercises to work various parts of the body as opposed to only one body part. All the same, this multi-tasking concept will see a rapid rise in 2011.

WILL NOY JOPSON BE THE NEXT COACH RIO IN 2011?

Dude can swim, bike and run. How can he not be?

The latest in his resume: Cobra Ironman 70.3 title (the first Filipino to win it, equating to a: 1.2 mile swim, a 56-mile bike ride, and a 13.1 mile run all in one grueling day)

FIGHTING PRIDE

From their ranks a Pinoy UFC Champion will hopefully rise

EDUARD "LANDSLIDE" FOLAYANG
Hailing from Benguet is a man who has a 9-1 win-loss record in MMA. Knockout wins over Doo Jae Jung and Jerome Norita made him the talk of URCC, where the man has won consecutive fights against four foreign fighters in 2010 alone.

ANGELITO "THE SAINT" MANGURAY
He's won four consecutive victories by way of technical KO, something fellow karate artist and ex-UFC Light Heavyweight Champ Lyoto Machida hasn't done. He's also the current URCC Lightweight Champion at an astounding age of 43.

FROILAN SARENAS
Submission Sports Phil's own is the URCC's current Middleweight Champion, despite having only two matches under his belt, both of which he easily won by submission. He also happens to be a Brazilian jiu-jitsu purple belt and has a wide array of armbars and triangle chokes.

BUSINESS

STOCK MARKETS ARE THE NEW BANKS

But how do you get cash from it and how the hell does it work?

WHEN IS THE STOCK MARKET OPEN?

Companies who sell their stocks to the public are listed and traded from 9:30 a.m. to 12 nn, Monday to Friday at the Philippine Stock Exchange (PSE).

WHAT ARE STOCKS?

They are shares of ownership in a corporation. When you become a stockholder or shareholder of a company, you become part-owner of that company. There are two kinds of stocks—the common stocks and the preferred stocks. The common stocks are usually purchased for participation in the profits and control of ownership and management of the company. Holders of common stocks have voting rights. On the other hand, preferred stocks entitle its holders to receive dividends, to the extent agreed upon, before any dividends are paid to the holders of common stocks. However, preferred stocks usually have a specified limited rate of return or dividend and a specified limited redemption and liquidation price.

WHERE AND HOW DO YOU BUY THEM?

1 You need to choose a stockbroker: a person or a corporation authorized and licensed by the Securities and Exchange Commission and PSE to trade securities. The PSE has a complete list and information about all its trading participants who are authorized and qualified to trade either equity or debt securities for you.
2 You'll be required to open an account and fill out a Reference Card and to submit identification papers for verification.
3 The stockbroker will then assign a trader or agent to assist you in either buying or selling any listed security. Give the order to your broker and then get the acknowledgement receipt. Fourth, you shall receive from your broker the proof of ownership of stocks you bought.

WHAT ARE YOU RISKING?

Any investment is always a risk. That is why it is important to closely monitor and study the movement of your investments in the stock market. Calculated moves must be done in order to avoid losses. Daily quotations of stock prices can be obtained from your stockbroker or from all leading newspapers or on the www.pse.com.ph website.

TOP STOCKS IN 2011 TO INVEST IN

According to stockbroker Riza Hernandez-Guze of Angping Securities, based on their momentum and performance in 2010

Telecoms: GMA 7 (GMA7)
Power Sector: Aboitiz Power Corp. (AP)
Food and Service: Jollibee Foods Corporation (JFC)
Conglomerates: Manila Water (MW)
Holdings Company: Metro Pacific Investments Corp (MPI)
Banking and Finance: Union Bank (UBP)
Transportation: Cebu Pacific Airlines (CEB)

BUSINESS AS USUAL

***Entrepreneur Philippines* says 2011 is the perfect year to put your money in these...**

- **FRANCHISING**
- **GREEN BUSINESSES**
- **WELLNESS CENTERS**
- **DIRECT SELLING**
- **REMITTANCE CENTERS**

TECH

COMING IN 2011: *FHM* ON iPAD

But what exactly is an iPad? We'll tell you what it isn't

A CAMERA

Not in its front or rear end, not even a grainier in resolution camera-phone type one. Nothing.

AN IPOD TOUCH

But it's the closest you can compare it to in the Apple family–a larger iPod Touch with beefed-up and much upgraded features that they had to give it another name.

A COMPUTER

Doesn't have USB connectivity, uses your thumbs and fingers for keyboards and pointers, what the single slab of screen serves you is WiFi connectivity, messaging capabilities and a generous number of apps to choose from, even *FHM* has one.

PALM-AND-THUMB FRIENDLY 2011 RELEASES THAT MAY OR MAY NOT COME TRUE

Everybody's waiting

RUMOR: PSP PHONE

Sony Ericsson CEO Bert Nordberg teased that a "games-oriented phone" is slated to be released in February, replying to the PSP phone rumor: "there's a lot of smoke...there must be fire somewhere."
When: Possibly February

SURE RELEASE: NINTENDO 3DS

Launched with support for AR or augmented reality games, web browsing capabilities and wireless gaming connectivity and most importantly: a slew of popular games in 3D.
When: Early this year

RUMOR: THE FACEBOOK PHONE

Will be released with Mark Zuckerberg's blessings in touch or QWERTY keys care of INQ Mobile Ltd. Techie.com.ph's Elijah Mendoza says this release could very well be "another major contender in the smartphone arena."
When: April

AUGMENTED REALITY

....combines real and virtual and pimps interactivity in real time and in 3D, where else have you seen it?

ADS

See Lindsay Lohan take her shirt off, striptease and perform for you care of a well-played Marc Ecko campaign.

TELEVISION

Election day: GMA7 called it hologram technology, ABS-CBN said virtual presence, but it's mostly the same thing.

VIDEOGAMES

Gamesalfresco.com lists AR games that will have gamers leaving their couches, everything from Human Pac Man to In-Car videogames to second life avatars.

MAGAZINES

FHM's friendly neighborhood fashion magazine *Preview* and best-selling car mag *Top Gear Philippines* in their previous month's issue made use of the technology to deliver "the country's first magazines with Augmented reality" and a fully interactive Solenn Heussaff to wish you a Merry Christmas.

NATURAL DISASTERS

'WATCH THE WEATHER'

End-of-the-world scenarios care of astrologer Henry Palacios

APPEARANCE OF THE 12TH PLANET
Owed entirely to Zecharia Sitchin's studies on astronomical cycles, which predict the passing of a rogue planet four times larger and 23 times denser than ours. Its magnetic and gravitational effects on our end result to seven years of plague, volcanic eruptions and other biblically referenced phenomena.

ELECTROMAGNETIC PULSE
Or simply a burst of outer space radiation, the equivalent of a blackout on a massive, not-a-piece-of-technological-equipment-spared scale. Electromagnetic pulses are produced by nuclear explosions and something else science has yet to put a finger on.

WRITTEN FOR THE SCREEN PLOTS IN REAL TIME
Palacios says: "There's an end-of-the-world scenario not unlike what people are gunning for in Hollywood movies. But also a lot of B-movies are getting it right, a lot of physical and large-scale destruction, earth shaking, tsunamis..."

THE GREAT FLOOD II
Water everywhere and not a single eco-nut spared above water to say "I told you so" after greenhouse gas emissions and a shaved-off ozone melts the polar caps and ices in the arctic liquid, dumping a blanket of melted ice *tubig* everywhere else. "If there's any indication when the end will come, you pay attention to one thing, plain and simple—watch the weather."

WHERE NOT TO LIVE

Or places likely to be hit by typhoons according to Anthony Lucero of PAGASA'S Climatology and Agrometeorology Division

- BICOL REGION
- EASTERN PART OF LEYTE
- EXTREME NORTH LUZON (BATANES, ISABELA, TARLAC)

INTERPLANETARY VIBES

What celestial and planetary positions say about the coming months in the country, according to Palacios

MID-FEBRUARY
DISASTER INVOLVING LAND OR AIR TRANSPORTATION
"[In the astrological chart] Mars is an activator, it indicates natural disasters, but you don't see it every year, it takes a while for Mars to circle and directly influence the country's chart. I think [it takes] about a year and a half, that's why we had Ondoy in 2009. In the March to April period Mars intercepts with Neptune and Mercury. Neptune is possible death, Mercury is transportation, and Mars is here."

MARCH TO APRIL, JUNE
PROBLEM WITH GOVERNANCE, SCANDAL IN GOVERNMENT
"A lot of it will involve shuffling in government. With regard to Noynoy, he'll eventually get pissed with all these people surrounding him who are not doing their job and he will come into his own. Changes will be made. But by June, there could be a scandal directly involving the government."

MAY TO JUNE
SICKNESS AND HEALTH
"There could be an epidemic, illnesses, something like SARS or maybe just dengue. But this could be in line with the changes of the season. The rainy season will come early."

SEPTEMBER TO LATTER QUARTER OF THE YEAR
THE OPPOSITE OF DISASTER
"September is the height of governance, there will be issues trying to topple Noynoy, and this is one aspect, but they won't succeed. But for most part of the year, 2011 is going to be a year of adventure, creativity, dynamism, it will be the country rising from a big dip. The big dip was 2010."

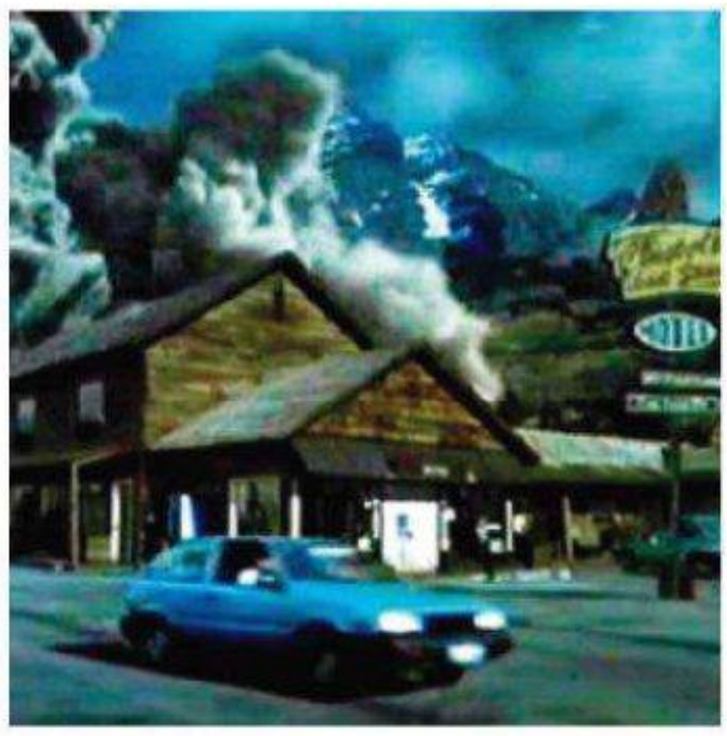
MORE PAGASA QUESTIONS

Anthony Lucero answers them

Does it follow that typhoon-immune places are found down south?
Actually, yes. *Diyan nga sa Mindanao wala masyadong bagyo.* It's just the season.

Where were the typhoons in 2010?
In 2010 we were lucky. By November the tally of typhoons that had hit us was only up to 11, then we expected one to two by December, which gave us 13 by the end of the year. The average number of tropical cyclones to hit the Philippine area of responsibility is usually between 19 to 20 annually. Thirteen came way below.

And in 2011?
When it comes to forecasting, accuracy and proximity to the event is significantly affected. Everything is based on science and careful observations, you can argue 'but it's all science', and it is, *pero dito sa* PAGASA, *pag mas malapit yung* prediction, *mas* likely *yung* chances of accuracy. But every year, we are expecting one to two intense tropical cyclones to hit the country, in terms of hydrometeorological disasters.



HEALTH AND SEX

A RUBBER UPGRADE

...that will systematically spray penises safe and ready. But will anybody be using them?

SPRAY-ON CONDOMS
Would've been in production and made available elsewhere other than Canada, the US and the country that invented them (Germany) had it been an actual spray, instead of a little box you stick your thing in, then makes weird noises while it sprays you for five seconds, after which you need to wait about seven minutes before it completely dries ready for insertion. Complete buzz kill? Totoy says yes.

BUKKAKE IN THE PHILIPPINES

Pegged as a fetish with an easily increasing number of fans but we still don't have an open bukkake culture in the country. Find them instead, here:

Link1: filipinapenchant.com/asian_bukkake.html
Link2: manilabargirls.com
Link3: filipinadreamgirls.com/bukkake-videos-tips.html
Bonus link: uncyclopedia.wikia.com/wiki/Zombie_Bukkake

TWO MORE REASONS TO PUT ON RUBBER

New scary strains of STDs that can infect you

INCURABLE GONORRHEA
Not as life-threatening as HIV-AIDS, but like it, unshakable once contracted. Regular gonorrhea goes away after a shot of penicillin or waiting it out, but studies have shown that like most things alive, the bacteria may soon evolve and become penicillin-resistant. *Tulo* forever, and you might as well not have a penis at all.

HPV
Is not new, but its rising occurrence is. More than 100 types of Human Papilloma Viruses have been identified, half of which affect genitals and related organs (tongue, tonsils). In a 2009 study of HPV in the country by the World Health Organization, roughly 4,500 women die of HPV in the 6,000 who contract them annually. Recent data from hpv.com.ph says 12 Filipino women die every day from HPV.

CULTURE

MENTAL

Palanca-award winning writer Norman Wilwayco on his new book of shorts

When is it coming out?
First quarter this year.
Whatever happened to the follow up on your other book of shorts *Responde–Responde 2*?
Actually, *ito din yung Responde 2, pinalitan ko lang yung* title.
The difference being...
Yung style *ng pagsusulat. Ngayon kasi, mas nahanap ko na boses ko. Mas alam ko na kung paano atakehin ang bawat kwento. Kaya medyo, sa tingin ko lang,* "consistent" *yung boses dito kahit magkakaiba ang mga kwento. Bale* 12 stories *din ito tulad sa Responde. Naglalaro din sa* 150 to 200 pages.
Are there any stories worth calling masaya in it?
Masaya is relative. *Tulad ng Responde, iba-iba rin ang pinaghuhugutan ko ng kwento.*
You've mentioned how you don't write one book at a time, how many books are you writing now?
Bale meron pa akong sinusulat na dalawang novels, *sana matapos ko yung isa at ma-release din next year, baka* by the third quarter. *Pero ang focus ko muna ngayon, sa Mental.*
Your previous books have had downloaded versions, will *Angas* have one as well?
Di ko pa alam. Pero karamihan naman ng kwento dito nai-post ko na sa blog *ko. Kaya kung* trip *nila magbasa nang hindi na gumagastos, hanapin na lang nila sa* absurdrepublic.blogspot.com
Your favorite story in your new book–what is it?
"Panalong Regalo ng Sistema", *Kuwento ito tungkol sa empleyadong bagnot na sa trabaho at naghahanap ng* "salvation."
And the story you wish you had written yourself?
Sunset Stories ni Stephen King. *Wasak na wasak!*

CHEF GENE GONZALEZ ON FOOD

"More Filipinos are going back to the kitchen. We want regional dishes. In foreign influences, we're looking no further than our Asian neighbors: Singaporean cuisine, Thai, Chinese, as opposed to Italian or French."

FOOD, PLEASE

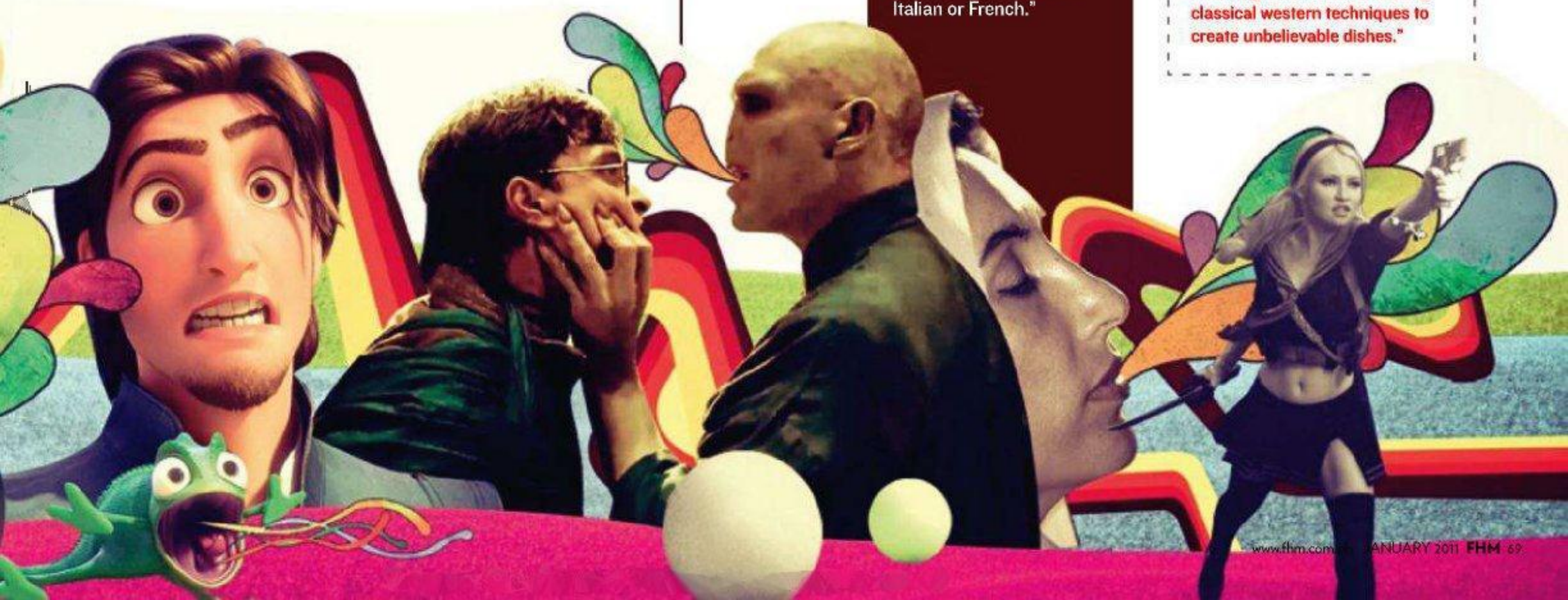
Trends in the culinary world brought to us by Hans Gourmet Executive Sous Chef Vanessa Conanan

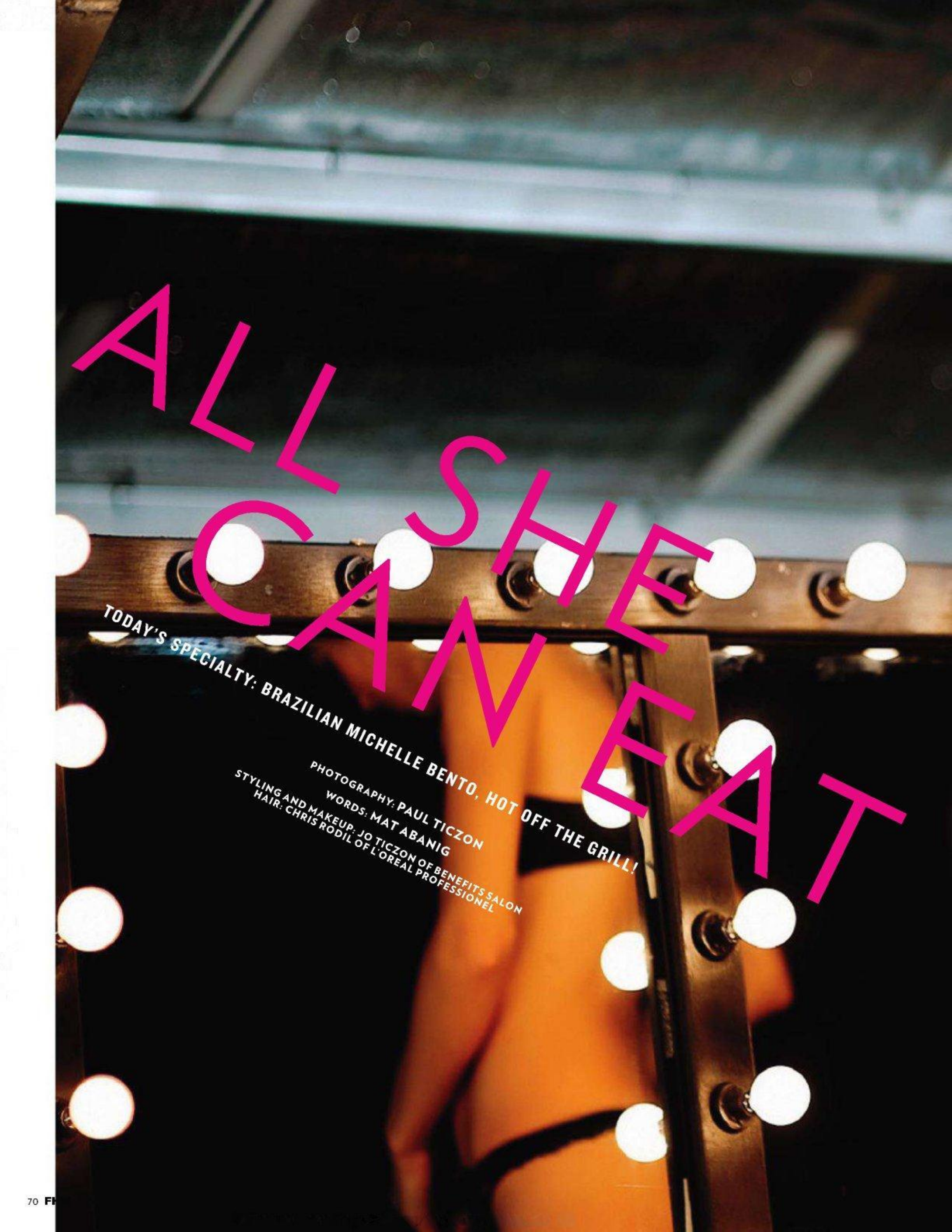
LOCAL AND ORGANIC
"The big movement now is buying local products. Organic is still in and is getting bigger. Before, the only local cheese available in the market was Fresh *Kesong Puti* from Laguna. Now, local farms in the south of the Philippines produce local blue cheese, beautiful vanilla beans and free range organic chickens."

MOUTHS EATING
"With the increase in number of runners, bikers and triathletes, the food industry is keeping up by offering menus that cater to these consumers. Restaurants have more vegetarian options, dishes that are light, with clean flavors. Some even list down calorie content on menus."

RESTAURANTS
"Mom and Pop shops are increasing within the cities. Everyone wants to put up a restaurant with the owners' personalized touch. A lot of popular fast food chains are also on the rise such as Bonchon, a South-Korean fried chicken franchise restaurant that was a hit in New York."

FLAVOR
"The increase in cultural diversity in the Philippines has actually influenced the taste of Filipinos, but what's interesting is how a lot of fine dining restaurants are using **Asian ingredients but still using classical western techniques to create unbelievable dishes."**




ALL SHE CAN EAT
TODAY'S SPECIALTY: BRAZILIAN MICHELLE BENTO, HOT OFF THE GRILL!
PHOTOGRAPHY: PAUL TICZON
WORDS: MAT ABANIG
STYLING AND MAKEUP: JO TICZON OF BENEFITS SALON
HAIR: CHRIS RODIL OF L'OREAL PROFESSIONEL

MICHELLE BENTO
GIRLS OF FHM

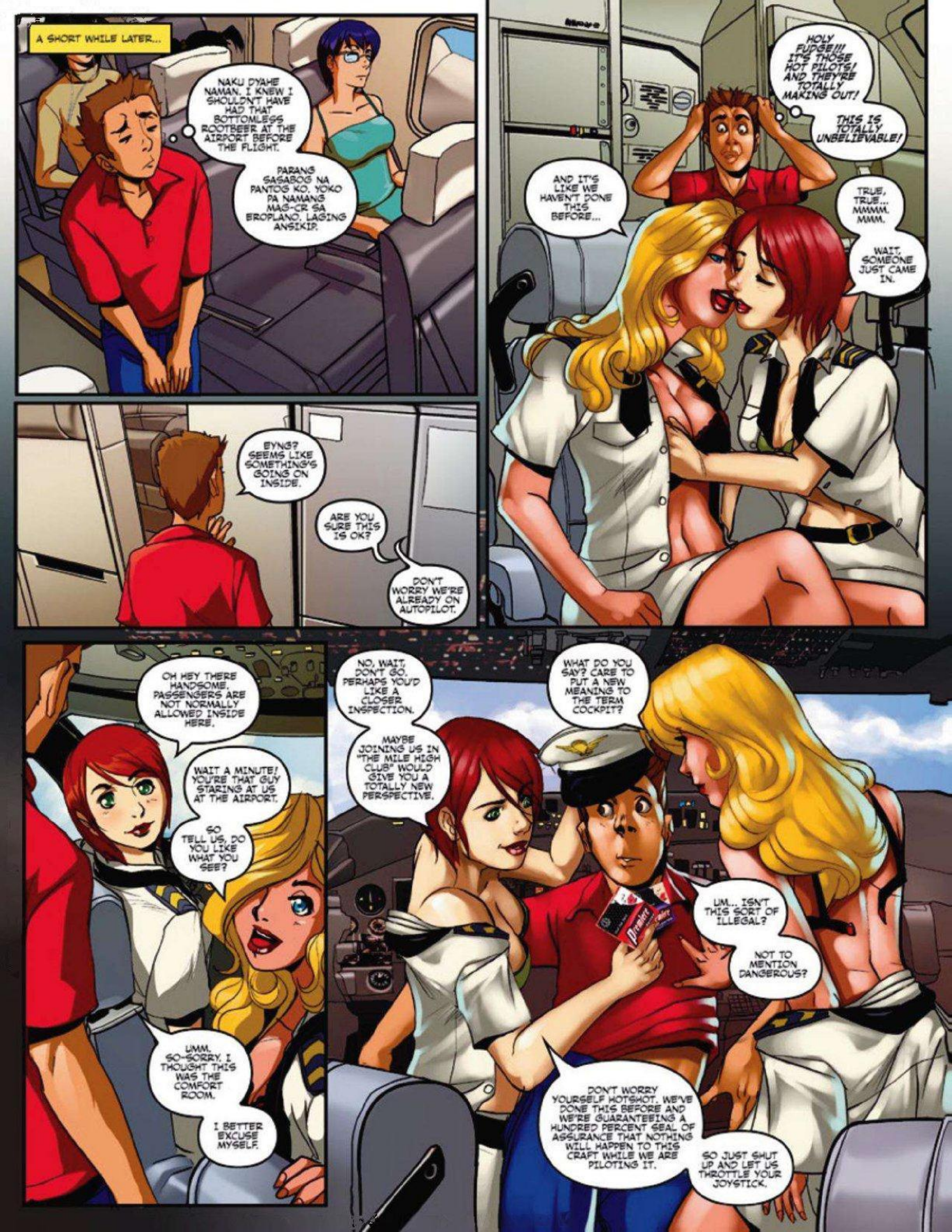
Years and years of mammalian conditioning haven't wiped out our prime impulses for sex and food—in fact, here at the *FHM* HQ, we revel in it like the reptile-brained primitives we are. Besides pulling duty as a pair of seven deadly sins, lust and gluttony go together like bacon and eggs; consider the deliciously dangerous double meaning of that slinky come-on, "I want to eat you up."

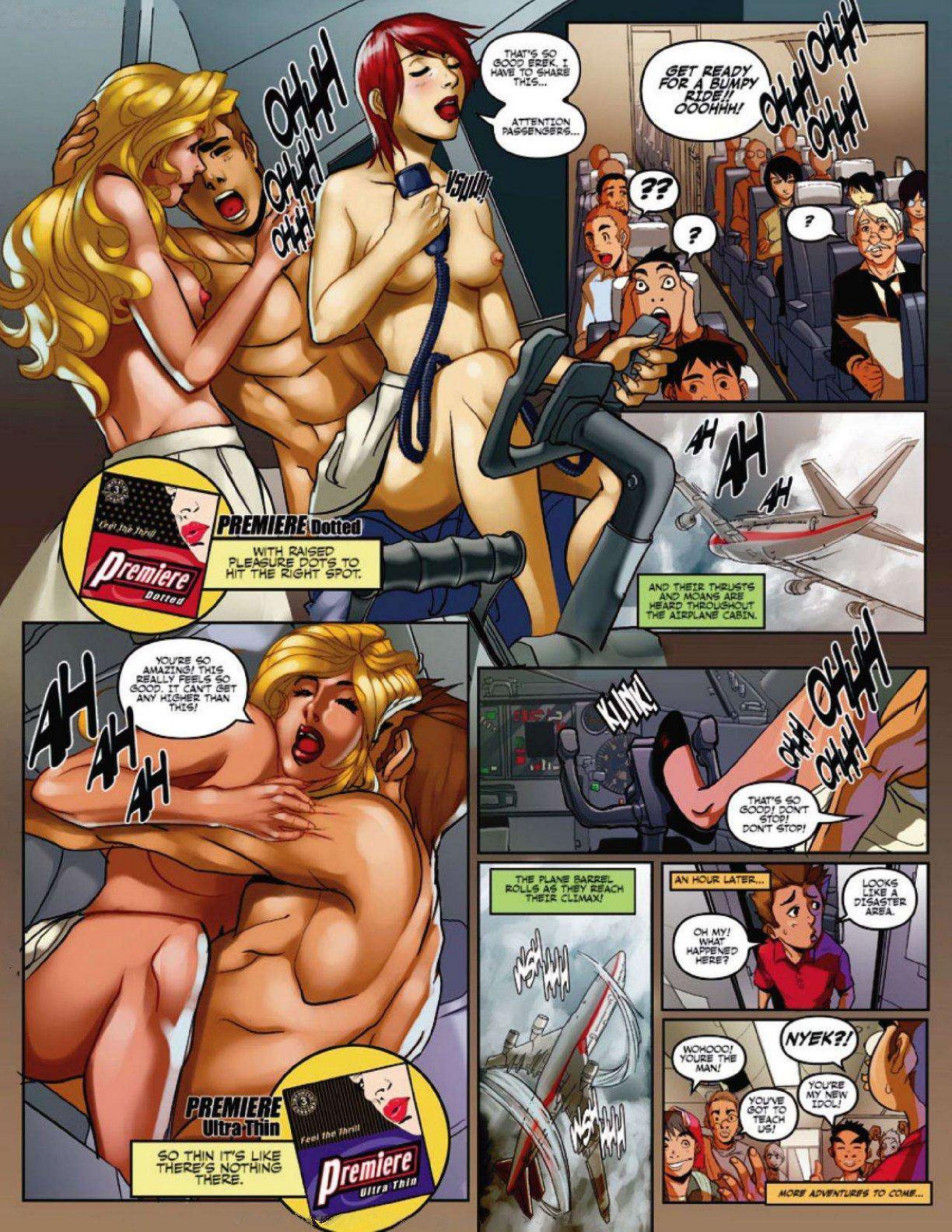
Consider also, Exhibit A: Michelle Bento, a dish too sumptuous to pass up. We couldn't have picked a more perfect last name if we'd rigged the genealogy game ourselves. Like a Japanese meal-in-a-box (so much connotation right there), Michelle is an embarrassment of riches. Those luscious legs, bountiful breasts, toned tummy, that delicious sparkle in her eyes—a buffet for the senses, indeed.

An old Pinoy truism holds that the best way to a person's heart is through their stomach, so we decide to play the food game with her. Favorite foods are always an easy way to get the conversation gears cranking, and she readily responds. "I don't do any diet. I eat everything: salads, pasta, rice, chicken, pork, fish, chocolates." And then she delivers the kicker. "I like Filipino food as well. I already tried *balut* and *adobo*. Verrrry good."

Her beautiful mouth draws this last line out, the R's lingering on her lips. We can't wait to dig in.

SO WHO SENT THE PACKAGE?
OH MY GOD! IT'S FROM MY DAD!
AT THE END OF THE CHRISTMAS VACATION, A STRANGE PACKAGE WAS WAITING FOR EREK IN THE OFFICE...
HE WANTS ME TO FOLLOW HIM TO CHINA! HE HAS A BUSINESS THERE AND HE WANTS TO FINALLY KNOW ME!
YOUR DAD? I THOUGHT YOU NEVER KNEW WHO YOUR FATHER WAS?
A PACKAGE THAT INCLUDED A LETTER AND A SUBSTANTIAL AMOUNT OF FOREIGN CURRENCIES THAT WOULD CHANGE OUR HERO'S LIFE FOREVER...
I DIDN'T BUT HE FOUND ME! THIS IS THE HAPPIEST DAY OF MY LIFE!
I'M REALLY HAPPY FOR YOU EREK. WHATEVER YOU DECIDE TO DO, WE'LL SUPPORT YOU ALL THE WAY.
EVEN IF IT MEANS AN INDEFINITE LEAVE OF ABSENCE HERE AT THE OFFICE.
THEN I SHALL EMBARK ON THE ADVENTURE OF FINDING MY FATHER!
CLAY PLEASE STOP TOUCHING ME.
OH EREK! WE WILL MISS YOU!
YOU DO REALIZE THAT IT'LL BE UNPAID LEAVE, RIGHT?
WE'RE ALL JUST A PHONE CALL AWAY. DON'T BE A STRANGER.
REMEMBER TO WRITE TO US WHEN YOU GET THERE.
WHICH LEADS US TO THE AIRPORT ON NEW YEAR'S EVE...
WHERE WE FIND OUR ERSTWHILE LOVERBOY ERIC SHAWN MAGNUSON ON HIS WAY TO THE NEXT ADVENTURE OF HIS LIFETIME...
AND IT'S JUST A PLANE RIDE AWAY.
THIS IS IT! I FEEL LIKE ONCE THAT PLANE GETS OFF THE RUNWAY I MAY NEVER RETURN HERE AGAIN.
I'M MISSING THE PHILIPPINES ALREADY...
MY FRIENDS, THE PLACES I GO TO HANG OUT, AND MOST SPECIALLY THE GIRLS! MY OH-SO-AWESOME GIRLS!
FHM'S
THE NEW ADVENTURES OF
EREK SHAWN
INTERNATIONAL
PRESENTED BY
Premiere Condoms
Feel the Thrill
SERVED AND COOKED BY DIGITALARTCHEFS.COM
DON'T LOOK NOW, TRISH, BUT THAT STUD IS CHECKING US OUT.
WOW! MY PLANE'S BEING PILOTED BY THE HOTTEST WOMEN PILOTS I'VE EVER SEEN!
TAKES OFF THE STING OF LONELINESS A BIT TO KNOW THAT EVEN ABOVE THE CLOUDS, HOT GIRLS ARE STILL ABOUND.
NO TURNING BACK NOW...
IT'S JUST THE UNIFORMS, PRIS. IT'S ALWAYS THE UNIFORM.
CAPTAINS PRISCILLA & PATRICIA
29 YEARS OLD. EXPERTS WITH THE JOYSTICK.
THIS STARTS A NEW CHAPTER IN MY LIFE.


A SHORT WHILE LATER...
NAKU DYAHE NAMAN. I KNEW I SHOULDN'T HAVE HAD THAT BOTTOMLESS ROOTBEER AT THE AIRPORT BEFORE THE FLIGHT.
PARANG SASABOG NA PANTOG KO. YOKO PA NAMANG MAG-CR SA EROPLANO, LAGING ANSIKIP.
EYNG? SEEMS LIKE SOMETHING'S GOING ON INSIDE.
ARE YOU SURE THIS IS OK?
DON'T WORRY WE'RE ALREADY ON AUTOPILOT.
HOLY FUDGE!!! IT'S THOSE HOT PILOTS! AND THEY'RE TOTALLY MAKING OUT!
THIS IS TOTALLY UNBELIEVABLE!
AND IT'S LIKE WE HAVEN'T DONE THIS BEFORE...
TRUE, TRUE... MMMM. MMM.
WAIT, SOMEONE JUST CAME IN.
OH HEY THERE HANDSOME. PASSENGERS ARE NOT NORMALLY ALLOWED INSIDE HERE.
WAIT A MINUTE! YOU'RE THAT GUY STARING AT US AT THE AIRPORT.
SO TELL US, DO YOU LIKE WHAT YOU SEE?
UMM. SO-SORRY. I THOUGHT THIS WAS THE COMFORT ROOM.
I BETTER EXCUSE MYSELF.
NO, WAIT, DON'T GO. PERHAPS YOU'D LIKE A CLOSER INSPECTION.
MAYBE JOINING US IN "THE MILE HIGH CLUB" WOULD GIVE YOU A TOTALLY NEW PERSPECTIVE.
WHAT DO YOU SAY? CARE TO PUT A NEW MEANING TO THE TERM COCKPIT?
UM... ISN'T THIS SORT OF ILLEGAL?
NOT TO MENTION DANGEROUS?
DON'T WORRY YOURSELF HOTSHOT. WE'VE DONE THIS BEFORE AND WE'RE GUARANTEEING A HUNDRED PERCENT SEAL OF ASSURANCE THAT NOTHING WILL HAPPEN TO THIS CRAFT WHILE WE ARE PILOTING IT.
SO JUST SHUT UP AND LET US THROTTLE YOUR JOYSTICK.


OHHH OHHH OHH
THAT'S SO GOOD EREK. I HAVE TO SHARE THIS...
ATTENTION PASSENGERS...
GET READY FOR A BUMPY RIDE!! OOOHHH!
OHHH OHHH OHHH
??
?
?
PREMIERE Dotted
WITH RAISED PLEASURE DOTS TO HIT THE RIGHT SPOT.
AH AH AH
AND THEIR THRUSTS AND MOANS ARE HEARD THROUGHOUT THE AIRPLANE CABIN.
YOU'RE SO AMAZING! THIS REALLY FEELS SO GOOD. IT CAN'T GET ANY HIGHER THAN THIS!
AH AH AH
KLINK!
OHH OHH OHH
THAT'S SO GOOD! DON'T STOP! DON'T STOP!
PREMIERE Ultra Thin
SO THIN IT'S LIKE THERE'S NOTHING THERE.
THE PLANE BARREL ROLLS AS THEY REACH THEIR CLIMAX!
AN HOUR LATER...
OH MY! WHAT HAPPENED HERE?
LOOKS LIKE A DISASTER AREA.
WOHOOO! YOU'RE THE MAN!
YOU'VE GOT TO TEACH US!
NYEK?!
YOU'RE MY NEW IDOL!
MORE ADVENTURES TO COME...

ALL MIXED UP!

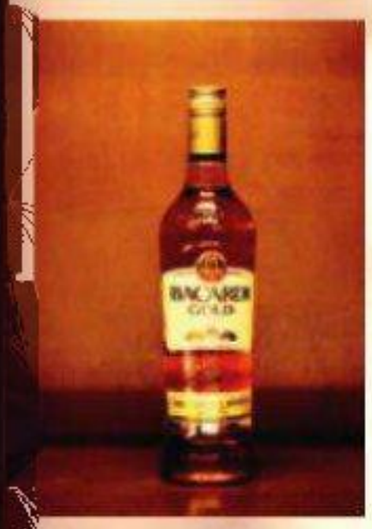
Sometimes it pays to be adventurous with alcohol—that's what a cocktail is for. And why not beer? Because few women actually like it!

WORDS:
CHARMAINE Z. CHANCO

PHOTOGRAPHY:
DAIRY DARILAG, GERIC CRUZ

SPECIAL THANKS TO
THE DISTILLERY,
JUPITER ST., MAKATI CITY
BONIFACIO GLOBAL CITY
EASTWOOD, LIBIS

38 BAR, JUPITER ST., MAKATI CITY



RUM

WHAT IT IS:
Distilled alcoholic beverage made from sugarcane by-products such as molasses and cane juice.

ALCOHOL VOLUME:
35-60 percent

PRICE GUIDE PER BOTTLE:
Low – P53
Mid –P284 to P650
High – P900 up

GIN

WHAT IT IS:
A strong colorless alcohol beverage crafted by distilling and redistilling rye and other grains. It has a very mild aftertaste.

ALCOHOL VOLUME:
40-50 percent

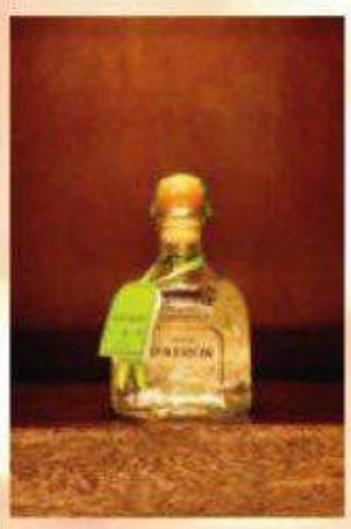
PRICE GUIDE PER BOTTLE:
Low – P44 to P100
Mid –P250 to P800
High –P1,500 up

VODKA

WHAT IT IS:
Distilled beverage made from fermented grains and potatoes that carry a very neutral taste.

ALCOHOL VOLUME:
35–50 percent

PRICE GUIDE PER BOTTLE:
Low –P70
Mid –P100
High – P2,000 up

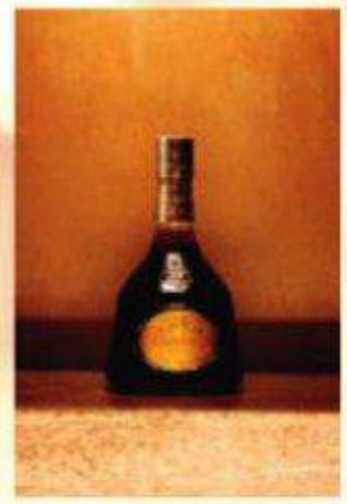


TEQUILA

WHAT IT IS:
A fermented beverage made from a local Mexican plant that looks like an oversized pineapple, the agave.

ALCOHOL VOLUME:
32–60 percent

PRICE GUIDE PER BOTTLE:
Low – P150
Mid – P350 to P1,000
High – P3,500 up



BRANDY

WHAT IT IS:
A spirit produced by distilling wine, which has been produced by fermenting grapes.

ALCOHOL VOLUME:
30–60 percent

PRICE GUIDE PER BOTTLE:
Low –P65 to P100
Mid –P200 to 450
High –P1,000 up

WHISKY

WHAT IT IS:
Distilled alcoholic beverage made from fermented grain mash, barley, malted barley, rye, malted rye, wheat, corn and aged in a wooden barrel.

ALCOHOL VOLUME:
40–55 percent

PRICE GUIDE PER BOTTLE:
Low –P76 to P400
Mid – P850
High – P2,000 to P19,500

TRIPLE SEC

WHAT IT IS:
A clear orange flavored liqueur used in drink making as well as a flavoring for various desserts.

ALCOHOL VOLUME:
30 percent

PRICE GUIDE:
P175

THE TASTE:
Sweet with orange notes

GRENADINE

WHAT IT IS:
Strong blood-red colored heavy syrup made of pomegranates, which can be used as mixer.

ALCOHOL VOLUME:
0 percent

PRICE GUIDE:
P157

THE TASTE:
Fruity and sharply sweet with notes of berry

BLUE CURACAO

WHAT IT IS:
A blue-colored citrus flavored liqueur used in drink making as well as a flavoring for various desserts.

ALCOHOL VOLUME:
30–40 percent

PRICE GUIDE:
P175

THE TASTE:
Sweet with citrus, sour notes

TONIC/ SODA WATER

WHAT IT IS:
Plain, carbonated water

PRICE GUIDE:
P40

THE TASTE:
like water, none. What it does is give the drink a carbonated fizz

COKE/ SPRITE

WHAT IT IS:
Essentially soda. These, though, are the ones our taste buds are most familiar with.

PRICE GUIDE:
P20

ALCHEMY FOR BEGINNERS

RULE 01 — Read the label

The first step in creating your own cocktail drink is to decide what spirit will be your base, because each possesses unique properties. "For you to mix the right mixers with the right spirit, you need to begin with something as elementary as reading the label," explains mixology expert Richie Cruz, who teaches Hotel and Restaurant Management at a university.

RULE 02 — Interpreting the content

In a Tanduay Superior bottle for instance, it reads: "Sugarcane ripened with the perfect blend of sun and rain... This rum is matured in oak barrels... to give you that rich aroma and distinctive flavor." The label alone should give you a hint that this spirit has sweet notes to it courtesy of its main ingredient, sugarcane. Aging the spirit in oak barrels make the once-clear sugarcane liquid turn into a natural golden or brown color, leaving an earthy flavor to the overall taste.

RULE 03 — Playing with possibilities

Being aware of the spirit's primal contents will make it easier for you to assess what combinations come out right when fused together. In rum's case, "Since we now know that it's sweet, dark and has oaky notes, it means you can use mixers that have these flavor profiles such as colas, fruits and what have you," Cruz says.

THE MIX

RULE 04 — Know your options

"Knowing what's available to you opens up the thousands of flavor combinations you can play around with," says cruise ship senior bartender and mix expert Mark Cayabyab. Staples are cream liqueurs (Bailey's, Dooley's, Cruzan rum, Kahlua), fruit based liqueurs (grenadine, triple sec, blue Curacao), flavor-based liqueur (crème de coffee, crème de ment, crème de cacao) and fresh fruits. Mixologist Cruz also reminds to "note that the sweeter the mix the shorter its shelf life. Cream-based mixers curdle and spoil after a year."

RULE 05 — Pairing

It's not necessary that you exactly match all flavors of your spirits but the more right notes you hit, the better. Cola is loaded with carbonated water, caramel, sugar and kola nuts (Caffeine-charged nuts of the kola tree). Being dark, sweet and earthy makes it an excellent match for rum—explaining the evolution of rum coke.

LIQUOR SUBSTITUTION

If you're strapped for alcohol money, opt for these cheap mixer rip-offs. It may not taste exactly the same but they come close

TRIPLE SEC (Either of the three)

- Two tsp orange extract
- Two to four drops of orange oil OR
- Two tsp orange zest

GRENADINE

- Mix few squeezes of fresh pomegranate juice with water and sugar, add a drop of red dye

BLUE CURACAO

- Mix one small sachet of orange powdered drink with little water to turn it into paste and add a drop of blue dye

BALANCING ACT

STEP 01 — COMPONENTS OF YOUR DRINK

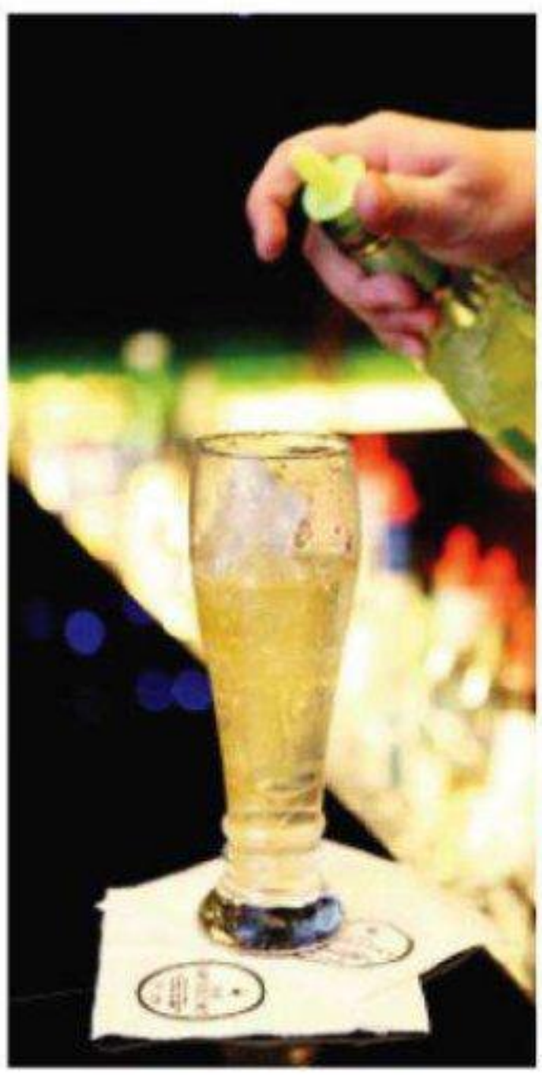
Ready your shot glass, select a container like a glass or a pitcher and begin mixing the following:

Spirit. This is your drink's first layer of flavor. Although the basic standard is one shot per glass, you can put in as many shots as you want as long as you can still balance the taste of the mixer and the alcohol. Also, if you're already comfortable with flavor combinations, you can mix as many varieties of spirits as long as the taste of alcohol won't overpower the whole drink.

Mixer. This is your secondary flavor, which should complement the first. You'll know the mix is wrong if the shot has a bitter or unpleasant aftertaste at the back of your mouth. This means the mixer has overpowered the alcohol.

FOR MIXOLOGY SESSIONS, CONTACT RICHIE CRUZ 09176117441
SPECIAL THANKS TO THE DISTILLERY (LOCATED IN JUPITER, MAKATI; FORT GLOBAL CITY)

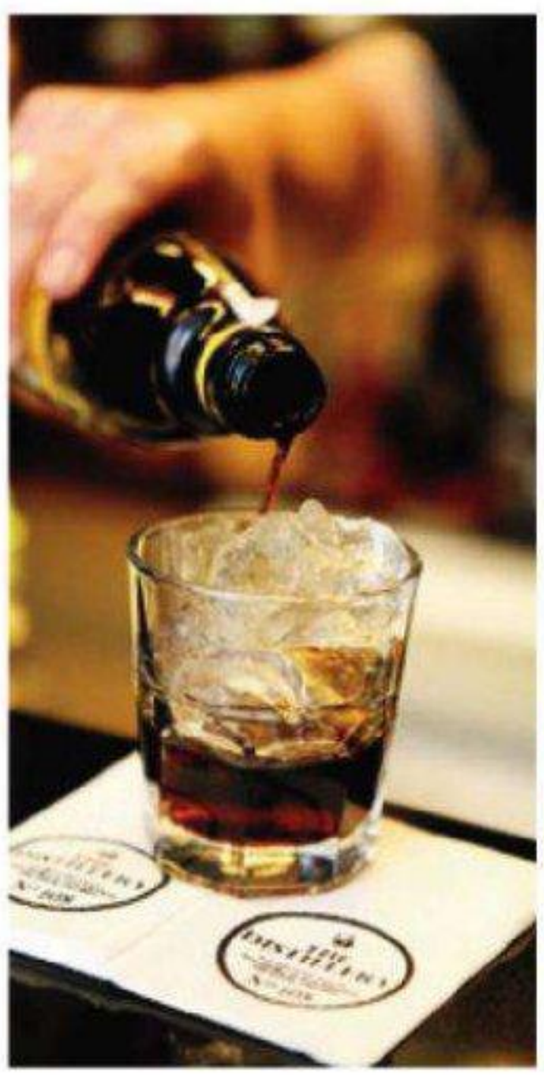
{ CLASSIC COCKTAILS }



WENG WENG

INGREDIENTS:
3/4 oz Gin
2 oz Pineapple Juice
3/4 oz Vodka
3/4 oz Tequila
3/4 oz Light Rum
Dollop of Grenadine
2 oz orange Juice

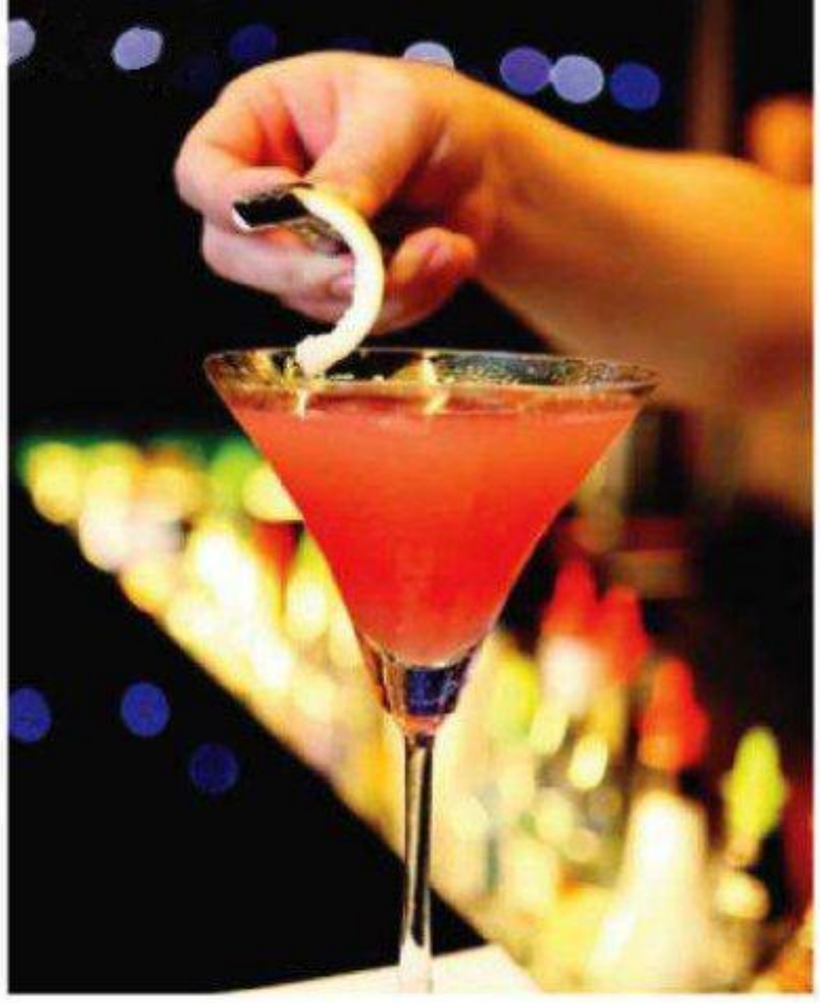
DIRECTIONS:
In a tall glass, fill it up with 3/4 ice, combine all ingredients together and mix well.



BLACK RUSSIAN

INGREDIENTS:
One part Vodka
One part Kahlua
Can of cola
ice cubes

DIRECTIONS:
Overfill your glass with ice. Measure an ounce of vodka, an ounce of coffee liqueur and pour into a glass. Some prefer the drink stirred while others want a glass of black russian untouched. Your call.



Garnish. This is an accent flavor, an additional layer of taste to make your drink interesting. "These can be sour notes (using lemon, calamansi, lime juice), salty (salt and olives) or bitter and herbs (nutmeg, basil, mint). Remember that you only put in a dash or a dollop of garnish in your drink just to add a tinge of taste," reminds bartender Cayabyab.

Ice. Will give you cold cocktails, but will also weaken the taste when it starts to melt. "Just to give you an idea, basically in a glass, we fill it with 3/4 of ice.

STEP 02

EXPERIMENT WITH FLAVORS

"Despite the rules and standards, your palate will still dictate the final product. If the combination tastes good to you then that's all that matters," says Cruz. "I mean, who knew tomato juice, Worcestershire sauce, vodka and a garnish of celery stick will make Bloody Mary? So don't be afraid to explore new flavors. You can do whatever you want with your drink, just remember to keep all the flavors balanced and you won't go wrong."

ICE BREAKERS

- Carbonated drinks will get you drunk faster When the carbonated bubbles burst, it speeds up the absorption of alcohol to the blood faster than a drink without. The reason why champagne will affect you more quickly than wine, even if both have the same alcoholic content, which is usually at 11 to 14 percent.
- The ideal pattern should be beer first as your starter. This is to pace you body and yourself with small doses of alcohol, followed by hard and then beer again as finisher to drop down your alcohol dose.

STEP 03

KNOW A GOOD DRINK FROM A BAD

Now that the mix is complete, teach your tongue to identify what combinations works or bombs. "The idea here is if you close your eyes and take a sip of your drink, you should be able to taste everything all at once—the alcohol, the mixer, the citrus—no single ingredient should overpower the other. That's a balanced drink!" Cruz says.

STEP 04

MAKING ADJUSTMENTS

Too strong. "If it tastes like liquid fire, *malamang* there's too much alcohol!" Cruz says. To rescue the drink, you can up the mixer content.

Too sweet. "You can simply add a few more dashes of *alak* to balance it if sweetness becomes a problem." Richie reveals this as the secret to *traidor* drinks. "Weng Weng, for instance, has seven very potent spirits in it, masked by the sweetness of fruit juices. You'll mistake it *na parang* fruit juice *lang siya*. Later on, *pag sumipa yung* drink that's when you realize how lethal it really is."

Too sour or salty. You've put in way too much garnish on your drink. Add more spirits and mixer to stabilize it.

GIN POMELO WITH A TWIST

The Taste: Better than your gin pomelo

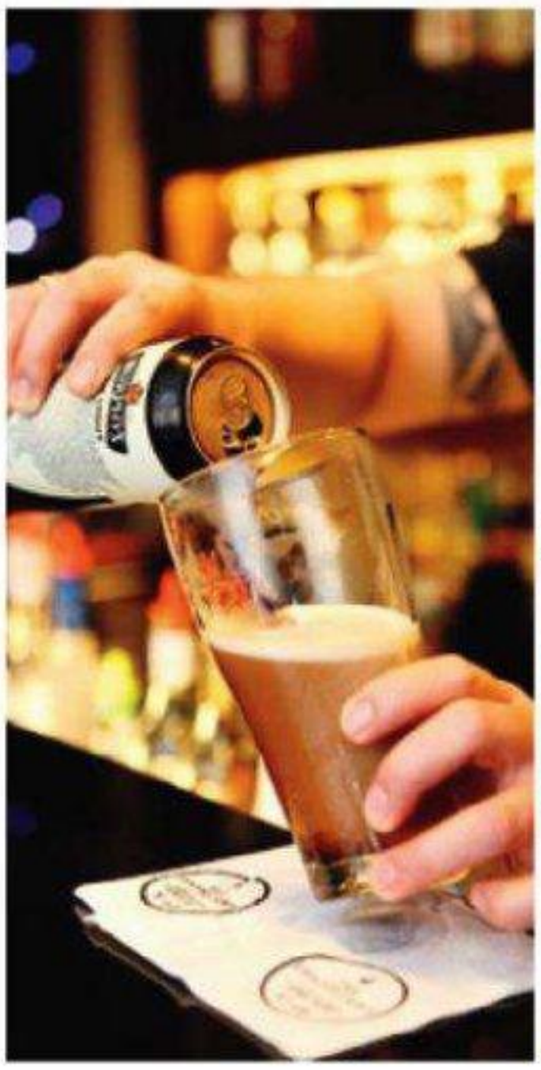
Ingredients:
30 ml local gin
1 sachet of powdered pomelo juice
1 sachet of powdered orange juice
Crushed ice

Directions:
Fill a tall glass with crushed ice then add gin, pomelo powder and stir well. On a separate glass put in the sachet of orange juice and add a dash of water then turn it into a velvety paste. Take a spoonful of the orange paste (depending on your taste) and add into the mix and stir.

COSMO-POLITAN

INGREDIENTS:
1 oz Vodka
1/2 oz Triple sec
1/2 oz Lime juice
1/2 oz Cranberry juice
Lime wedge

MIXING METHODS:
If shaken, add all the ingredients together with plenty of ice and shake like hell. If chilled, add all ingredients in a cocktail shaker and strain liquid in a chilled martini glass to separate the ice.

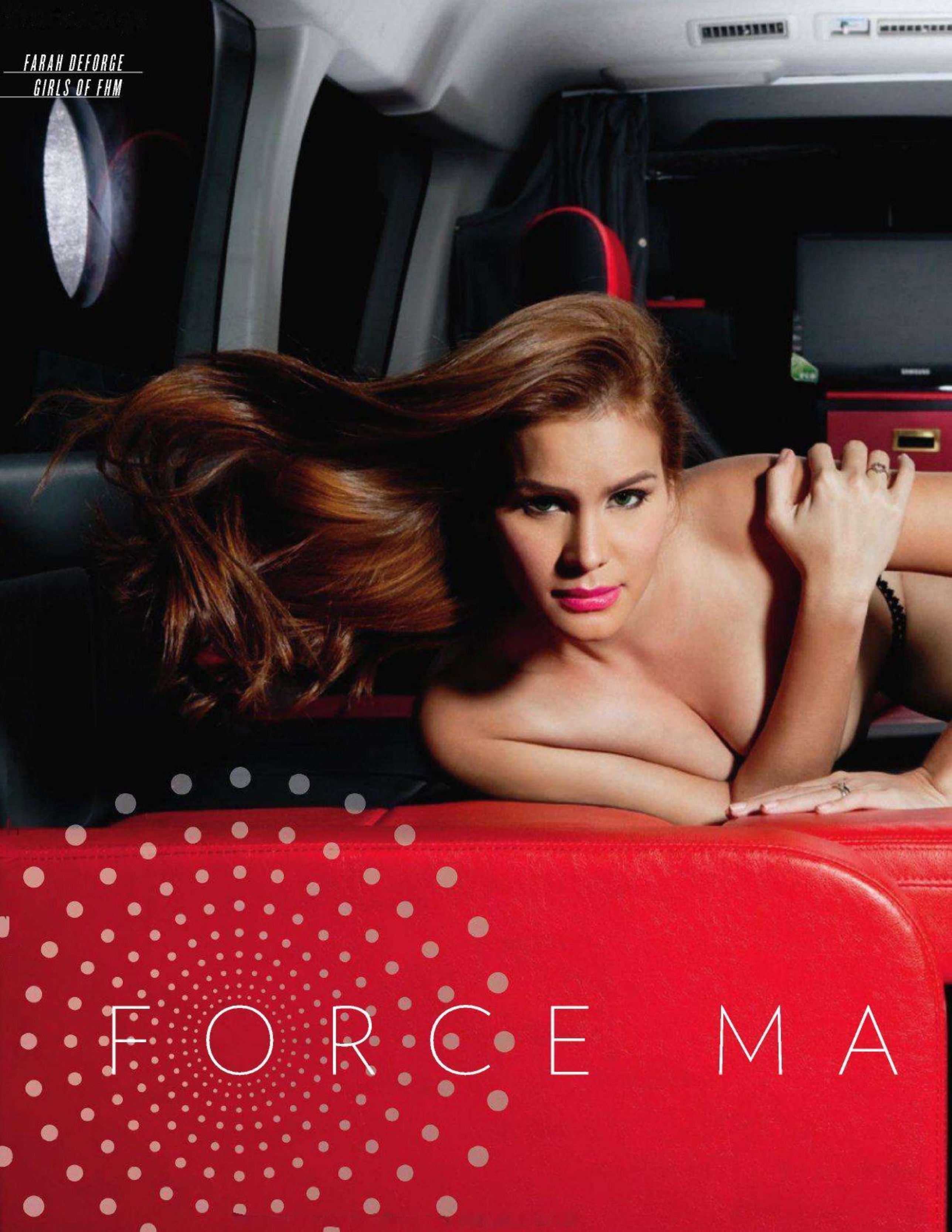


BEER COCKTAIL

INGREDIENTS:
One shot Tequila
half glass of light beer
dash of lemonade

METHOD:
Pour tequila, cold beer and a small amount of cold lemonade into a glass. A thirst quencher on a hot day.
FHM

*Drinks are for illustration purposes only (Actual mixed drinks are available at The Distillery bar)


FARAH DEFORGE
GIRLS OF FHM
FORCE MA

JEURE

WHO CAN RESIST THE TEMPTATION THAT IS FARAH DEFORGE?

PHOTOGRAPHY:
HARLEY TIU

INTERVIEW:
JED GREGORIO

STYLING AND MAKEUP:
NOEL FLORES
HAIR: JOHN CLIFF

Farah Deforge is looking to date a married man.

Yes. You read right.

But before we go off potentially destroying perfectly fine marriages, we apologize for our lack of prowess in distinguishing between convictions and jokes. These days, it's really hard to tell, especially when confronted by a complicated female populace.

The Fil-Am model says she believes married men are better in bed. We didn't double check if she was just putting us on, but one message did flash through our minds: "Attention, single men. Apparently in the eyes of hot women, your reputation is marred!"

We wanted to ask her, "Are you sure you don't want to meet any of our single friends?" But since we didn't want to be too much of a hard sell, we're leaving further interrogation to you. Where to spot her? Well, she says she likes to hang out "anywhere entertaining." We're still consulting Google maps on that. We'll get back to you.

Do you think guys find you intimidating?
Oo, kasi napansin ko naiilang silang makipagkilala at lumapit sa akin. Like my ex, *hindi siya lumapit sa akin para kunin ang* number *ko. Nag-utos pa siya!* But he later found out I was a nice person *pala.*

We know you're half American. Do you visit the US regularly?
I haven't. Not ever. But yes, I want to go to the States. I want to see my dad. That's my wish because I haven't seen him in 24 years. I miss my dad so much. If ever he's here in the Philippines, he would be proud to have a daughter like me.

By the way, belated happy birthday! How did you celebrate?
I just went somewhere with my friends. I was so happy that night, drinking, eating, dancing. But after a few hours we got into trouble! Someone threw food at my friend! Of course, I couldn't take that.

Do you always get into fights?
First time *lang nangyari yun. Mabait kaya ako! Ayoko ng gulo.*

Describe for us your ideal man.
I like a simple man. *Yung mabait at hindi sasaktan ang puso ko! Ayaw ko sa lahat yung niloloko ako. Sawa na ako sa ganun. Parati na lang akong niloloko.*

Seems like you've had your fair share of sucky relationships.
Oo, marami na nga. Kaya ngayon, parang takot na ako magmahal ulit. Laru-laro muna!

In a relationship, are you the jealous type?
Yes, I'm the jealous type. *Kasi pag nagmahal ako, totoo. Ayoko ng laro. Gusto ko sa akin lang siya at wala nang iba.*

You said you'd want a guy who is simple. But don't all girls have that criteria? You're not looking for any other quality?
Nice question! *Siguro gusto ko yung* guy *na may asawa na. Kasi mas masarap magmahal ang binat na!* Ha ha! *Tapos patago pa. Masarap ang* relationship *na ganoon. Tsaka magaling sa kama!*

Wait—so you want a guy who won't share you with others, but you also want a married man? And younger guys aren't good in bed?
Wala pa akong nagiging boyfriend *na mas bata, eh.* So *gusto ko may asawa na para masaya.* Ha ha!

Why do you prefer a covert relationship to one that's out in the open?
Kasi exciting yung nagtatago kami sa lahat ng tao. Pag may nagtatanong kung magka-anu-ano kami, I tell them friends *lang.*

For you what's the sexiest part of your body?
My hips and my butt! *Kasi pag sumasayaw ako, yun ang pinapagalaw ko kaya* all the men go crazy.

Would you kiss a guy on a first date?
No, *hindi naman ako* easy to get. *Tsaka hindi ako mahilig makipag-date eh.*

So, for you, when is the right time to get intimate with someone?
Siguro pag okay *na lahat ang* family *ko sa* guy, that's the right time. **FHM**

FHM and EZ Lubricating Jelly present Love Pool

The ***EZ*** and FHM Love Pool Party: A wet, wild and sexy party for a worthy cause! Held last December 9, 2010 at the Liquid Lounge in Manila Ocean Park, guests were treated to an all-night spectacle. A scorching song and dance number by the oh-so-sexy Mocha, gags by funnyman extraordinaire Rex Navarette, and a wet fashion show featuring the FHM babes and the recently proclaimed ***PREMIERE*** Vixens - whom the crowd rooted for wildly and left soaking wet as the audience squirted them with their water guns!

But wetness and male fantasies aside, the event's greatest achievement was the donation of the proceeds from the events ticket sales and ***EZ Lubricating Jelly*** product sales to the Marine Animal Adoption Program of the Manila Ocean Park. This endeavor will surely push the sea-friendly project into fruition and eventual success. And for a prize-winning nightcap, event co-sponsors Exploration Fleet and Divebros Anilao gave away a Tubbataha Reef dive and tour package worth US$ 1,000. The beaming lucky dude can now enjoy the best of nature, for free! We'd like to thank everyone who dove into the fun that made the initial outing of ***EZ Lubricating Jelly*** and FHM's Love Pool Party a rousing success. See you all next year!

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Php 5,000	Php 8,500	Php 14,000	6 Months
Php 9,000	Php 16,000	Php 21,000	1 Year
Php 16,000	Php 28,000	Php 40,000	2 Years
Php 21,000	Php 36,000	Php 57,000	3 Years
Php 24,000	Php 40,000	Php 72,000	4 Years
Php 25,000	Php 42,000	Php 75,000	5 Years

* Corporate prices are available upon request

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OPLAN

SAGIP MANOY

Life in the sack dwindling? Is it you or is it her? No matter, here's *FHM* to the rescue!

WORDS: ALEX C. PAITA
PHOTOS: GETTY IMAGES

NO TRESPASSING

THE PROBLEM
She resists your sexual advances. (She's your wife.)

WHAT IT COULD BE
Sexual aversion disorder—or fear, resistance or disgust toward having one's genitals touched.

WHY IT HAPPENS:
Blame it on past traumatic experiences or interpersonal problems. One or more of these could be the culprit: domestic violence, discovery of infidelity or discontent with the relationship, financial problems or lack of personal hygiene on your part—no, seriously. But take comfort in the fact that it could also be her hormones—you know, women and their mood swings. A recent study by Ontario-based psychologist and human sexuality expert Anthony Bogaert also suggests that some people may in fact be asexual, or lacking a certain substance in the body. Other causes may have something to do with stress, depression, alcoholism and drug addiction, and fear of pregnancy. In that case, pray it's *just* your hygiene.

FOR STARTERS, TRY
Talking it out with the missus. Have each of the factors mentioned above in check, and discuss whatever problems keep both of you from having a banging sex life. Undergoing psychotherapy or consultation with a marital expert may be necessary.

AND IF IT STILL WON'T WORK
Take medication, but not before consulting a doctor. Treatment may include tricyclic antidepressants, selective serotonin reuptake inhibitors (Prozac, for one), monoamine oxidase inhibitors or benzodiazepines.

JIZZ CONTROL METHOD NO. 1: START AND STOP
1 Stroke your schlong until you feel like busting.
2 Stop before you actually come. Rest for a minute, and once you feel you're back to normal, start again.
3 Repeat three to four times before unleashing the big bang.

JIZZ CONTROL METHOD NO. 2: CHOKE THE COCK
1 Spank your monkey until you feel like coming.
2 Stop, and then gently squeeze the head of your tool for about 30 seconds or until you lose your stiffie.
3 Repeat five or more times before climaxing.

SORRY, NOT INTERESTED

JIZZ CONTROL METHOD NO. 3: DISTRACTION
1 While doing the deed, preferably with you on top of the missus, slowly reduce your pumping to a halt.
2 Think of the fugliest person you know, or your boss. Make sure he's a dude.
3 As soon as you lose your sex drive, resume your pumping.
4 Repeat until she has had, like, 20 orgasms, and then... fire!

THE PROBLEM
She goes to bed with you but come sexy time, it's like you're doing it with a log.

WHAT IT COULD BE
Hyposexual desire disorder (HSDD), or low libido, said to be the most common among female sexual disorders. "The woman who has HSDD will not respond to her partner's advances," says Dr. Abe Marinduque, medical director at Beverly Hills 6750, an OB-Gyn consultant at the St. Luke's Medical Center at Global City and Head of the Family Planning Program at UP-PGH Medical Center.

WHY IT HAPPENS
We're talking about the same things that cause sexual aversion disorder, but it could also be due to menopause, cardiovascular problems, diabetes, Parkinson's diseases and other disorders. Certain medications for high blood pressure, allergies and depression may decrease or even kill her libido. "In fact, sexual desire may be considered a barometer of the general health and well-being of the woman," says Dr. Marinduque. "A woman's medical condition, her medications, fatigue level, moods and relationship issues may play a role in her sexual desire."

FOR STARTERS, TRY
Consulting an expert to thresh out the problem. "The counselor, doctor or sex therapist will ask her at least six health and lifestyle issues, which may affect her sexual desire," says Dr. Marinduque. "Those factors that are found to contribute to the HSDD should be addressed."

AND IF IT STILL WON'T WORK
Tap a sex therapist to conduct "sensate focus exercises" on you. "This technique entails setting aside at least 30 minutes of physical contact between the couple," explains Dr. Marinduque. "One partner instructs the other in pleasurable touching, and this role is alternated weekly. But there is one strict rule to this exercise, and that is no vaginal penetration and no orgasm."

HIGH AND DRY

THE PROBLEM
She won't get wet.

WHAT IT COULD BE
Female sexual arousal disorder (FSAD), or a woman's failure to attain arousal or maintain adequate lubrication in the duration of a sexual act. "The woman experiences arousal in two locations: her brain and her genitals," says Dr. Marinduque. "Brain gets to be aroused first. In most of the arousal disorders, there is a disconnection between the brain and the genitals called 'missed arousal.'" A woman with this condition, he says, would manifest genital congestion, which is an indication of arousal. "However, she'd say that she does not feel aroused at all because the mental excitement that accompanies arousal is absent," he adds.

WHY IT HAPPENS
Some women have never experienced getting lubed in their lifetime. Others, meanwhile, only suffer from FSAD after an illness, surgery, medication or emotional trauma. In addition, FSAD may be due either to psychological factors or to a combination of physiological (nerve or pelvic blood vessel damage) and psychological factors (stress and depression).

FOR STARTERS, TRY
Killing sexual boredom by spicing up the sex life. Experiment on sexual behaviors and get creative. "For example, you two may find excitement in watching porn, or stealthy seduction in public places, or simply having a glass of wine prior to intimacy to remove all inhibitions. The idea is to do something different that will surprise both of you," Dr. Marinduque recommends.

IN DEEP PAIN

THE PROBLEM
She complains of pain before, during or after the deed.

WHAT IT COULD BE
Sexual pain disorder, which has three categories: Dyspareunia, or the persistent vaginal pain during intercourse; Vaginismus, or the recurrent or persistent contraction or spasm of the muscles surrounding the outer third of the vagina, making penile entry almost impossible. (Dr. Marinduque warns: "If this happens after the penis has entered, there will be penile incarceration, which if untreated may cause penile gangrene."); and Noncoital Sexual Pain, or pain even without intercourse.

WHY IT HAPPENS
A lot of the sexual pain disorders have an underlying psychological component, according to Dr. Marinduque. Women who have this disorder may have been physically or sexually abused in the past. Dyspareunia, however, occurs specially in menopausal women, due to vaginal dryness. Other culprits: overcorrected vagina (see Laser Vaginal Rejuvenation); vaginal infections like monilia or yeast infection and herpes; and lack of foreplay.

FOR STARTERS, TRY
Unlike other disorders, sexual pain cannot be resolved with self-medication and immediately needs consultation with an OB-gyne, sex therapist, psychologist or psychiatrist. "This disorder requires a thorough physical examination and accurate diagnosis as well as correct and aggressive treatment before it becomes a chronic cycle," says Dr. Marinduque.

AND IF STILL WON'T WORK
A referral to a neurologist, physical therapist or mental health professional may be necessary. Dr. Marinduque adds: "Therapeutic considerations for specific problems can range from antibacterial, antifungal or antiviral for specific infections, using vaginal moisturizers for dry vaginas, to Tricyclic antidepressants or serotonin noradrenaline reuptake inhibitors (SNRIs) in intractable cases, specially those with an underlying psychological component."

AND IF IT STILL WON'T WORK
Many believe Sildenafil (Viagra), which is very effective in erectile dysfunction for men, does it for women with arousal disorder, too, but research has shown that this drug has no effect in women with this condition especially if dealing with the "missed arousal" subtype. "Since women experience arousal in two areas, treatment is more difficult in women compared with men," Dr. Marinduque explains. "A doctor who has an expertise in sex therapy should then be consulted. Sensate focus is again helpful and usually is done as part of the armamentarium in the treatment of this disorder."

DEAD MEAT

THE PROBLEM
Manoy seems to have conked out. You're not getting a hard-on and not even Maria Ozawa could solve it.

WHAT IT COULD BE
Erectile dysfunction

WHY IT HAPPENS
By and large, it comes with age. Physiologically speaking, for those who have yet to hit their 40s, it could be an offshoot of medication and antidepressants; blood-related illnesses such as diabetes, hypertension and atherosclerosis (hardening of the arteries); and other medical conditions. But before you worry it's something deadlier than stiffie failure, check on your more vital sexual organ first: the mind. "Maybe you're just not feeling good about the whole act," says Dr. Agnes Bueno, MD, consultant at St. Luke's Medical Center's Human Sexuality Clinic. "Stress, depression and self-consciousness also play a major part. But specially common among Filipino men is their fear of hurting the woman."

FOR STARTERS, TRY
Taking a trip to an expert for immediate troubleshooting. Be ready to get quizzed and undergo a series of tests. Through this, he will figure which part of your system needs repairing and what meds you need to take.

AND IF IT STILL WON'T WORK
Try surgery, a penile implant or vacuum pump devices. But Dr. Bueno offers relief for cash-strapped victims: "Filipino men are penile-oriented, they worry too much about erections. They should think that sex is within the context of a partner. Oftentimes, it's not penile insertion that women really want."

GUN DAMNED

THE PROBLEM
Your seminal system is acting up: *Manoy* fires too early, too slow or never.

WHAT IT COULD BE
Respectively: Premature ejaculation, inhibited ejaculation or retrograde ejaculation. Premature ejaculation is a common problem among men—about 40 percent of men have encountered it at some point.

WHY IT HAPPENS
Emotional and physical factors have a lot to do with premature ejaculation, especially for dudes who are getting at it with their partner for the first time. However, it is said that those who have a low serotonin (a chemical that affects your man-feelings) supply in the brain may suffer from the early-bird syndrome, too. "Inhibited or retarded ejaculation, meanwhile, usually happens with a chemical intervention, as a side effect," explains Dr. Bueno. "Retrograde ejaculation, on the other hand—a condition where semen is redirected to the urinary bladder—is more an anatomical aspect related to a man's genital urinary tract." In some cases, it is also caused by antidepressant and antipsychotic medications, or a complication of a disease such as diabetes.

FOR STARTERS, TRY
Some jizz-controlling exercises (see panel). Those suffering from retarded and retrograde ejaculation will have to consult an expert at once, and will have to do away with some medications that may be causing the disorder.

AND IF STILL WON'T WORK
Consult your physician. An engagement with a surgeon may be necessary. Or you can leave it at that and just try convincing your partner that delayed ejaculation is actually more pleasurable for her (and that you really don't mind not getting reciprocated). Of course we're kidding. **FHM**

IT'S NOT HAPPENING

THE PROBLEM
She won't come.

WHAT IT COULD BE
Female orgasmic disorder—or the absence or lack of orgasm.

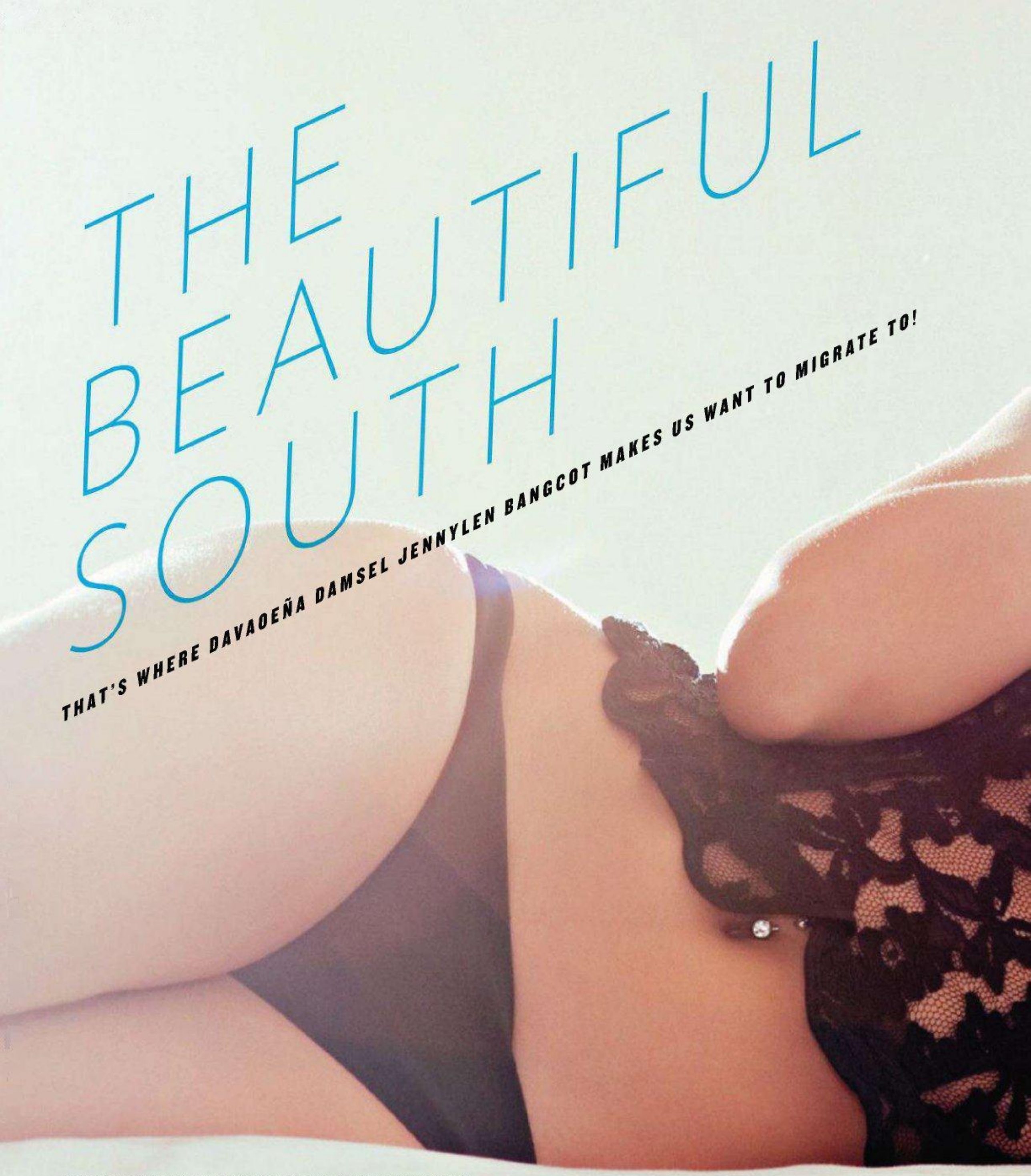
WHY IT HAPPENS
Statistics says only about 10 percent of women consistently experience orgasm; another 10 percent never experience orgasm; the remaining 80 percent have intermittent orgasm. Although it has been said that a lot of these disorders have a psychological component, Dr. Marinduque says the problem may actually be multi-factorial. "A significant number of casualties just lack proper sexual stimulation," he says.

FOR STARTERS, TRY
Making sure she's well lubricated through foreplay. Use sex toys if that would help. And to find that elusive G-spot, Dr. Marinduque recommends you do the doggie or have her sit on you facing your lower extremities. "The girth of the penis is in fact more important than the length because with a thick penis, a lot more pressure is applied to the G-spot," he explains. "It is also important that the woman's vagina is tight because that will add more friction and pressure to the G-spot."

AND IF IT STILL WON'T WORK
As with other female sexual disorders, sensate focus exercises can do the trick. "In women who complain of vaginal looseness causing unsatisfactory sexual experience, vaginal tightening procedures such as Laser Vaginal Rejuvenation may be the answer to the problem," recommends Dr. Marinduque, who is also the pioneer in Laser Vaginal Rejuvenation in the country. "Masters and Johnson say sexual satisfaction is directly related to the frictional forces generated during vaginal intercourse."

THE BEAUTIFUL SOUTH

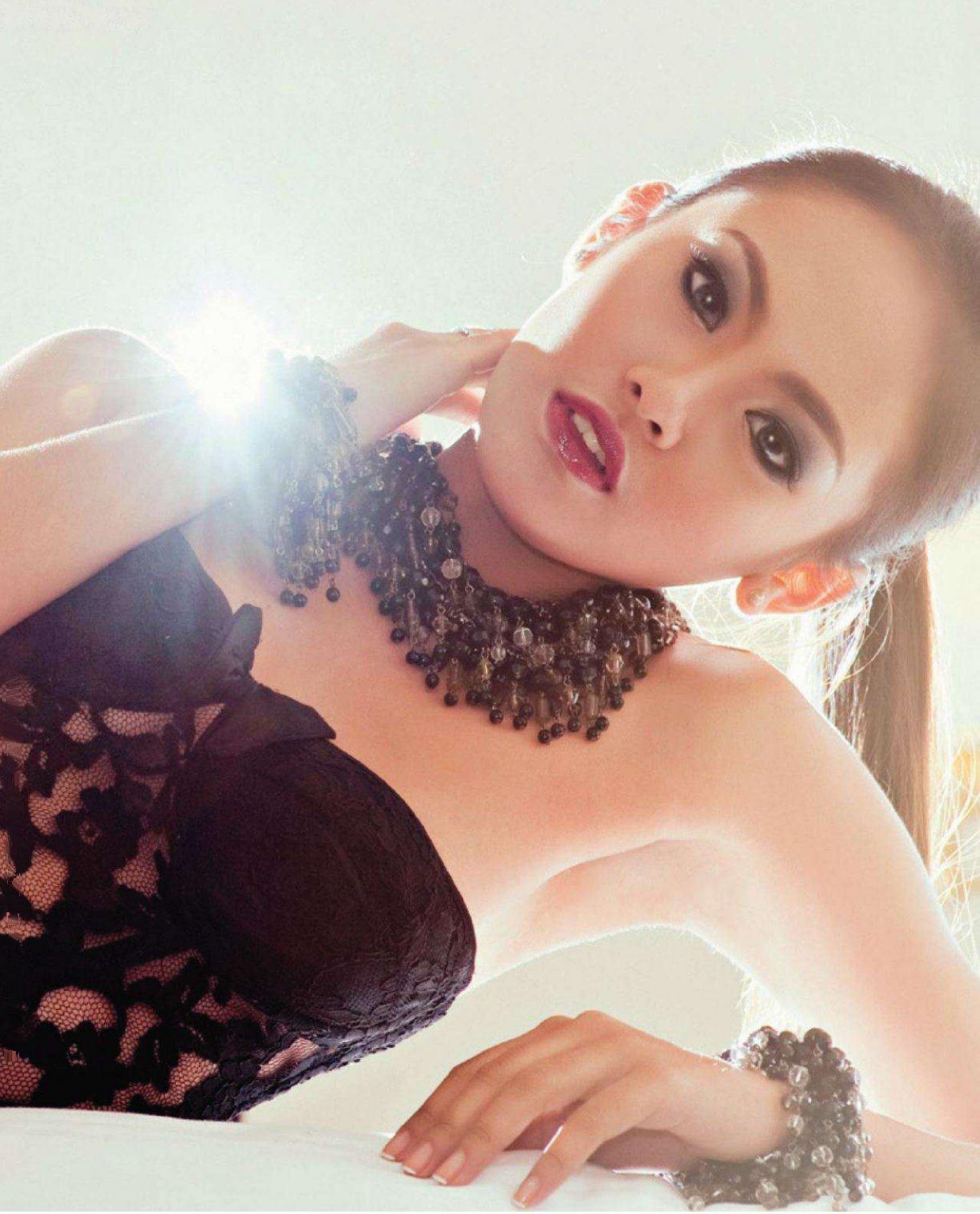
THAT'S WHERE DAVAOEÑA DAMSEL JENNYLEN BANGCOT MAKES US WANT TO MIGRATE TO!



PHOTOGRAPHY: **NIKO VILLEGAS** OF EDGE OF LIGHT FOR NIKON D3S

INTERVIEW: **MICH R. LAGDAMEO**

STYLING: JINGGOY SALVADOR
MAKEUP/HAIR: OTOI MERCADO
SWIMSUITS BY RISQUE DAREWEAR
SHOT ON LOCATION AT MARCO POLO DAVAO



We are saying goodbye to Manila, that crime-infested, car-congested metropolis that we thought was the center of the universe. We want to live in Davao. Why? Student, model and Davaoeña Jennylen Bangcot paints a picture that is hard to resist: cleaner air, cheaper thrills and hotter girls. But really, she didn't have to try too hard to convince us what Davao had to offer. Her pictures are enough to send us packing.

You are obviously a model.
I've been modeling for five years. I do photo shoots and fashion shows as well. Photographers usually call me when they do workshops because I pose with passion.

What was going through your mind during this shoot?
I was thinking that while I still have a good body and a pretty face, why not show it to the world? It's also an honor to work with these people (at the shoot) because they are pretty famous in their field. And when I'm older, I'll be proud to say that I've been in *FHM*. Not all models here in Davao have had this opportunity.

So should we remedy that situation by doing more shoots in Davao?
I would say yes because while Manila girls might look prettier with clothes on compared to pretty girls in Davao, if you see them in their bikinis they look more beautiful and sexier than if they had clothes on.

An interesting observation. Where else is Davao better than Manila?
In Davao there is peace and order. The police are visible; you can use your phone in public without fear of it getting snatched. You can safely go home late in a jeep or taxi. Taxis are cheaper, you can eat buffets with a hundred pesos and you can even drink water straight from the faucet. Outland adventures are everywhere for cheaper, like zip lines, wakeboarding and mountain climbing. And Samal Island is close by, so you can enjoy the white sand and blue water.

You mentioned some adventurous activities. We take it you're not a girly girl?
Well, in terms of fashion I'm girly but my attitude is boyish. You can bring me to eat street food or do outland adventures. I'm a cowboy because I adjust to situations well.

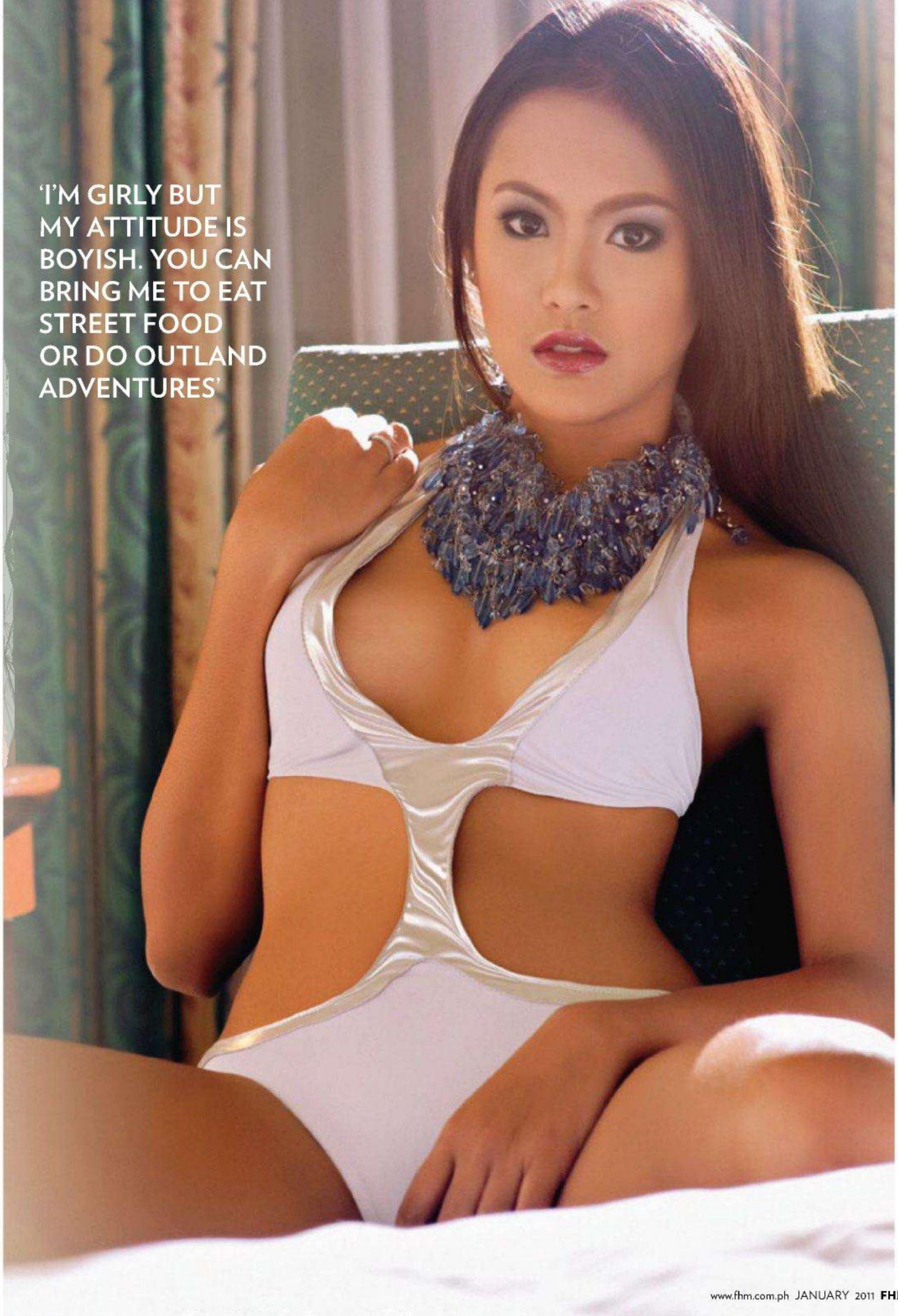
We also found out that you are still in school. How is that working out for you?
I'm a senior at Ateneo de Davao University, taking up Human Resource Management. I like it because you deal with people who provide good employer-employee relationship, welfare, protection and satisfaction. A company's goals are reachable when workers are satisfied and when they feel that they are part of the company.

Spoken like a true HR student. But what do you do on weekends?
I love parties. If I have nothing to do the next day I would probably stay out late and ask my friends to drink with me. It's fun to see how one's behavior changes when drunk. Some people forget who they are and act weird, and you can't hide what you are when alcohol starts to control your mind.

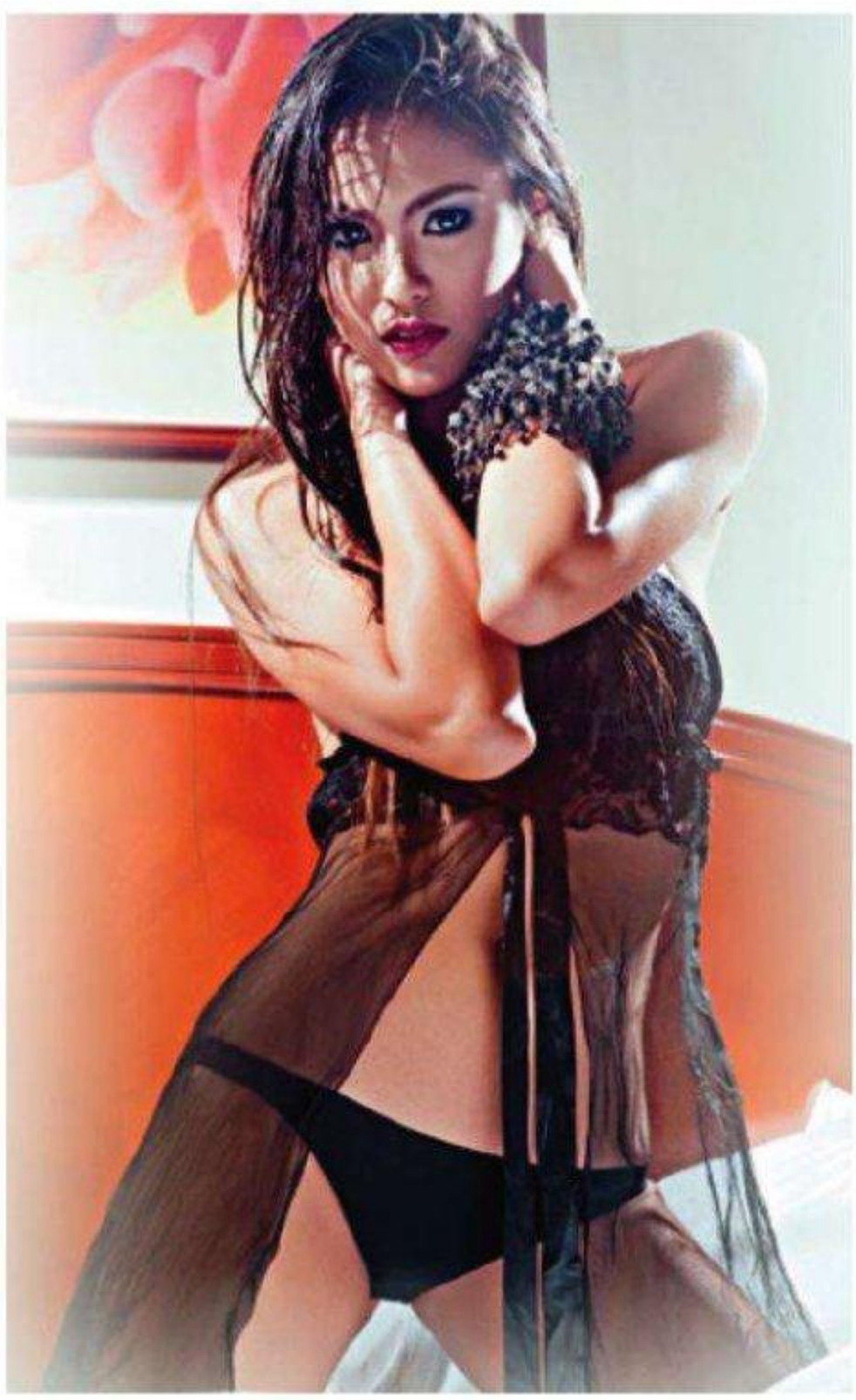
Other than observing drunken friends, what else are you into?
During my free time I usually play poker or listen to good music. Poker is exciting, especially when you do an "all in" no look and win. And also women easily fool guys because they don't know that sometimes we change strategies to refrain them from knowing how we play. But one thing's for sure—pretty girls are good at bluffing.

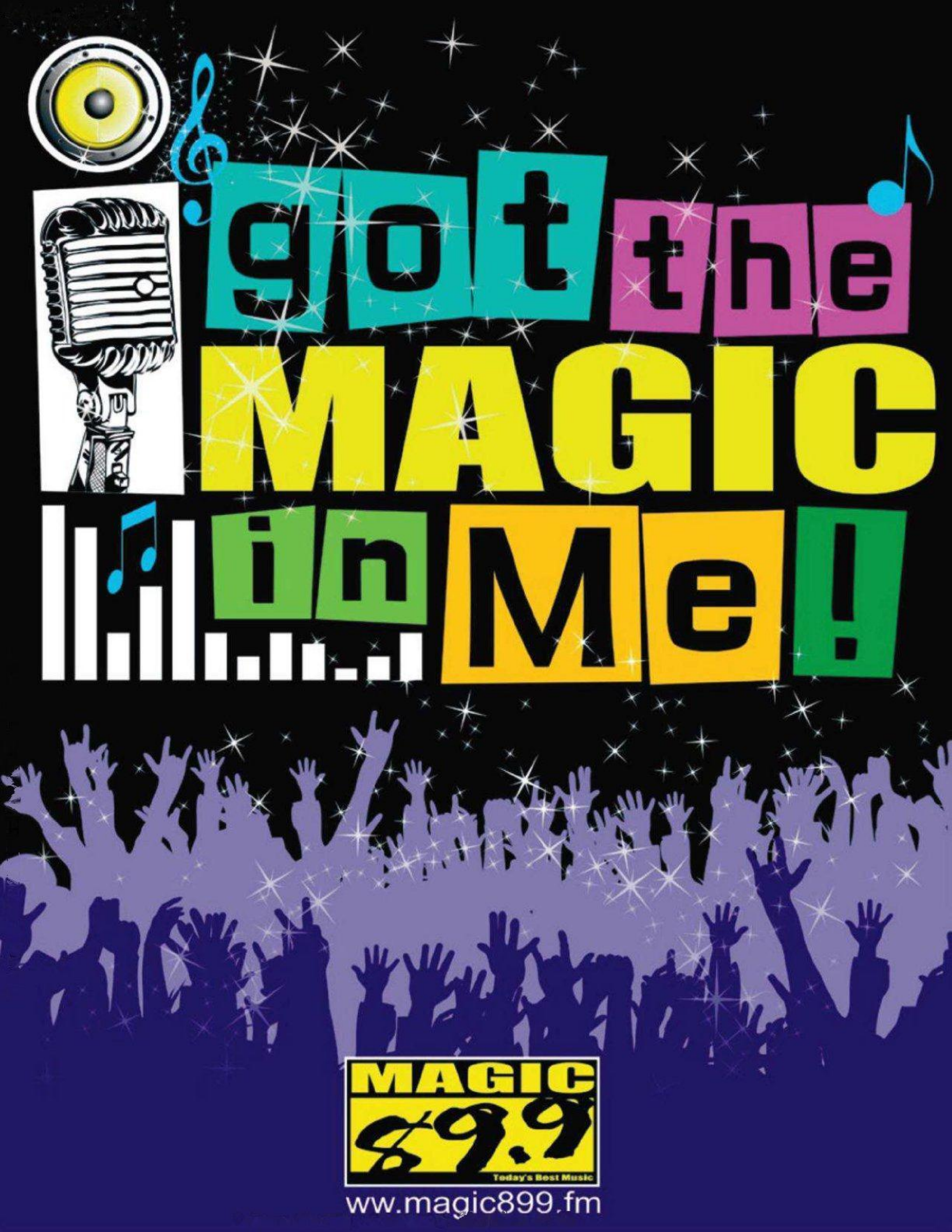
How's the nightlife in Davao?
Star is the newest place in town; it's expensive compared to other bars. Another spot is Hybrid where teens usually go, and then there is the undying 183. If you want to chill, sit and listen to music while drinking, you can go to Fat Bobby's, Brewery or Matina town square. But we can only buy liquor until 2 a.m. and bars close at 3 a.m.

And we really must ask this question—do you like eating durian?
I like eating durian because I'm used to it; I'm not that irritated to the smell. Of all the fruits, it's the most delicious I've tasted. **FHM**



'I'M GIRLY BUT MY ATTITUDE IS BOYISH. YOU CAN BRING ME TO EAT STREET FOOD OR DO OUTLAND ADVENTURES'

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Today's Best Music
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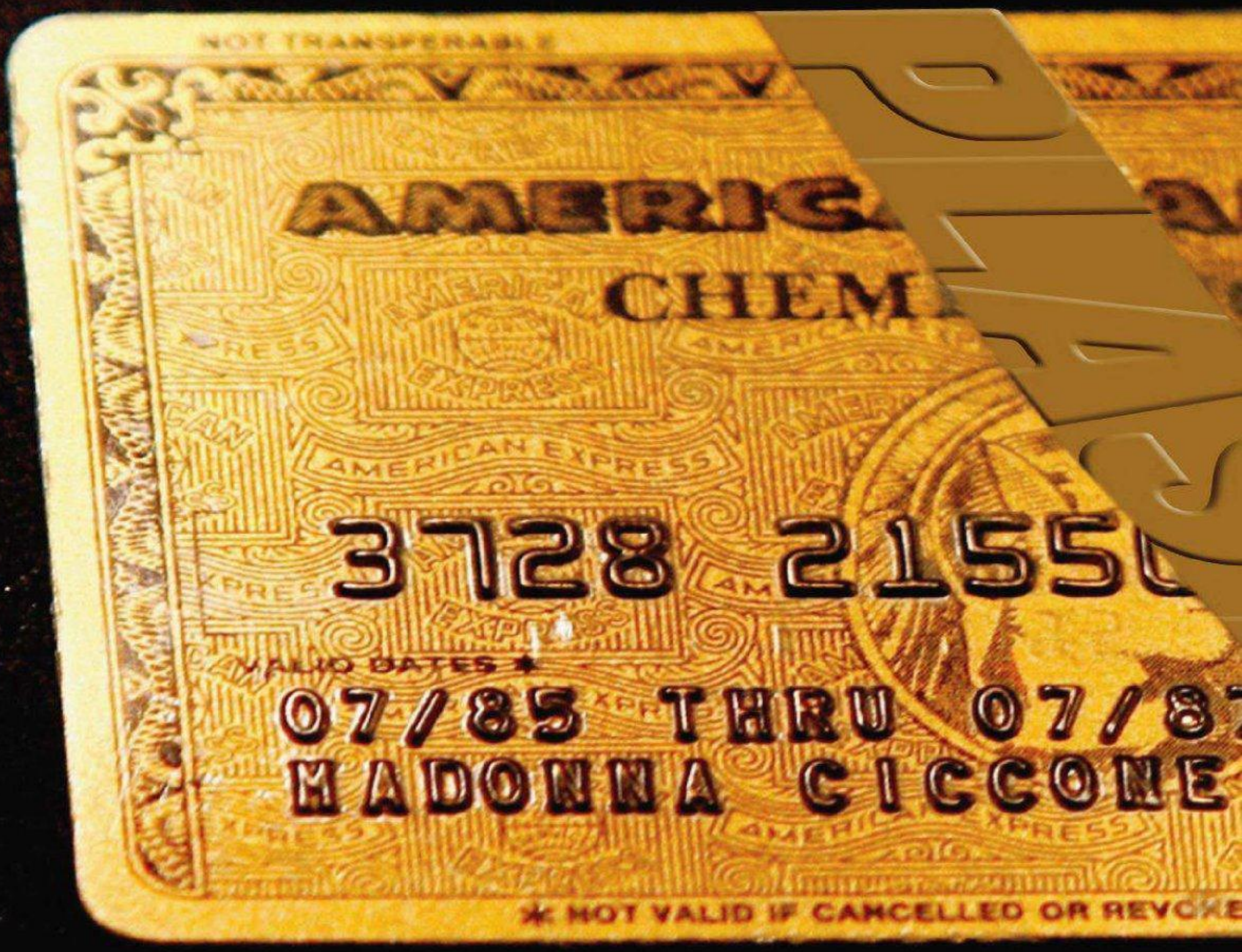
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MADONNA CICCONE
NOT VALID IF CANCELLED OR REVOKE

NOT FANTASTIC

If you're neck-deep in credit card debt, you have been getting the demand letters, getting the threatening calls. *FHM* is not saying you shouldn't pay up, but we are saying you shouldn't be subjected to humiliation courtesy of your friendly credit card collection agent because they're not allowed to

WORDS: MICH R. LAGDAMEO
PHOTOS: REUTERS

BELLE IS HARASSED DAY IN AND DAY OUT, WITH TEXT MESSAGES AND CALLS TELLING HER THAT THE COURT HAS ISSUED WARRANTS FOR HER ARREST.

Her children have been told over the phone that their mother is a thief and a swindler. She was also told that she could no longer leave the country. Her neighbors can't look her in the eye anymore, especially after that time when policemen—or what looked like policemen—barged into her house and took her DVD player and microwave oven.

She is a mother of two young kids, married to an engineer based abroad. She has two credit cards (not counting the ones under her husband's name), and owes each issuing bank at least P100,000. Apparently the "policemen" who took some of her appliances away were doubling as "collection agents" for one of her cards. She really isn't sure who the bad guys are here, because the way the collectors are treating her it's as though she were the criminal.

"*Araw-araw kung tumawag, minsan minumura ako tsaka mga anak ko. Magnanakaw daw ako dahil hindi ako nagbabayad,*" Belle says. The calls began as routine reminders, then progressed in tones more grim. "At first representative *daw siya ng bangko*. After *nun*, lawyer *na ang tumatawag. Pinadalhan ako ng* demand letter saying *na magbayad daw ako kung hindi makukulong ako.*"

Belle is ashamed of her debt, but feels it accumulated through no choice of her own. Her husband's salary often gets delayed, and there are tuition fees, utility bills and car installments that must be paid. "*Kaya nga ako nag-apply. Walang* cash *agad eh, kaya inisip ko na mas mainam na i-charge muna tapos saka nalang hulugan.*"

As with most in-debt stories, the plan sounded like it would work, but then reality sets in. "*Eh kasi minsan, mahirap din, biglang na-dengue yung bunso, tapos may mga* extra *ring kailangang bayaran.*"

With collection agents breathing down her neck, a husband marooned in a faraway desert working for a better (but still uncertain) future, and children too young to make sense of it all, Belle feels isolated by her debt. "*Hindi ko alam kung sino ang pwede kong lapitan kasi ako yung nasa mali.*" We reassure Belle: You aren't alone.

MATTER OF INTEREST

Eight million Filipinos were swiping plastic for cash in 2009, according to Euromonitor International, a marketing research firm focusing on the financial industry. Not bad if we were keeping in step with the progress of our Asian neighbors. Global financial news reports say South Koreans have, on the average, two credit cards each. Hong Kong residents charge everything from train rides to chewing gum.

But sadly, we're the ones who hold the dubious distinction of not paying.

The Philippines' consumer credit defaults triple the average of the rest of Asia, with a staggering P116.1 billion total credit card receivables as of December 2007, according to a study on consumer credit funded by the Banko Sentral ng Pilipinas (BSP) in 2008. Belle's credit card debt form part of that mountain.

Why aren't we paying? It could be because of poor credit management, capricious spending habits, sheer financial ineptitude. It could be all these things. But one thing that isn't up for debate is that the Philippines is one the countries with the highest interest rates in the world, with cardholders paying an average of 3.5 percent monthly interest. That's every month. Every year amounts to a staggering 42 percent.

According to creditcard.com's weekly interest rate report, the average *annual* interest rate for American cardholders was 14.1 percent, in May 2010. A *New York Times* article reported some lobbying took place to impose a ceiling as well and it mentioned that some "pay up to 41 percent." So our rates trumps even the Americans' most extravagant rate.

That 3.5 percent interest per month sure answers a lot about why people are neck-deep in credit card debt, but you will *never* find it explained in your bill. At least not the why of it.

FHM tried to get the Credit Card Association of the Philippines, whose members are card-issuing banks, for their side on the matter but have not gotten word from them as of this writing.

THE OTHER SIDE OF THE FENCE

Locally, The BSP qualifies bad debt as one that is 180 days, or six months, overdue. At which point you are now called a delinquent account and the "wrecking crew" takes over—the credit collection department.

Stories of collection agents, Belle's included, are widespread, and are incredulous enough to be misconstrued as encounters blown out of proportion by debtors with a victim complex. But Anna, a former collection agent with a notable bank, does not come to her former profession's defense.

"*Grabe talaga. Ang taas ng* stress level *sa* office *kasi lahat ng tao, pukpukan para lang maabot ang* quota," she says.

There's the word—"quota." The one reason why collection agents are viciously persistent?

"It depends on your department. What we call the hardcore delinquent accounts, each agent has to get 10 clients to agree to pay a certain amount. Every day *yun*," Anna says.

She describes how the hardcore delinquent collection agents are tucked away in a separate corner of the floor, away from collection agents assigned to "soft" and "mild" clients. These clients are often platinum or gold cardholders who are spoken to with dulcet tones and sent off with a chiding reminder to pay their bill. Protocol in handling these cases stands thus: Don't raise your voice, speak in a refined manner and mind your Ps and Qs. But not hardcore accounts agents. Anna claims they are given free rein to slam down and even throw phones, cuss and scream at their clients.

Accumulated debt begets unscrupulous collection methods as well, it seems. Anna recounts stories from the office, which seem unheard of for some people but is the reality

for many others. She tells of an agent who called the university where her "delinquent" debtor's child was enrolled, "*para lang siraan yung may utang. Sinabi niya, 'Alam nyo ba si* Mrs. So-and-so *ang laki ng utang sa amin...'*"

One of Anna's coworkers had an especially difficult client: after much pestering the agent was told the cardholder was recently deceased. The agent didn't call the bluff and visited the cardholder's residence, where he came face to face with the supposedly dead debtor. The collection agent went in the house and took appliances as payment for the outstanding balance. Agents can choose to investigate where you live, where your children study, and discover other details they can exploit to get you to cough up cash. As Anna sums up, "*Kanya-kanyang diskarte para maka-quota.*" All in a day's work.

The bank presumably turns a blind eye to this, or could even be ignorant of these practices, because as anyone who has been on the receiving end of these phone calls know, law firms or outside entities take over and are responsible for getting debtors to pay up.

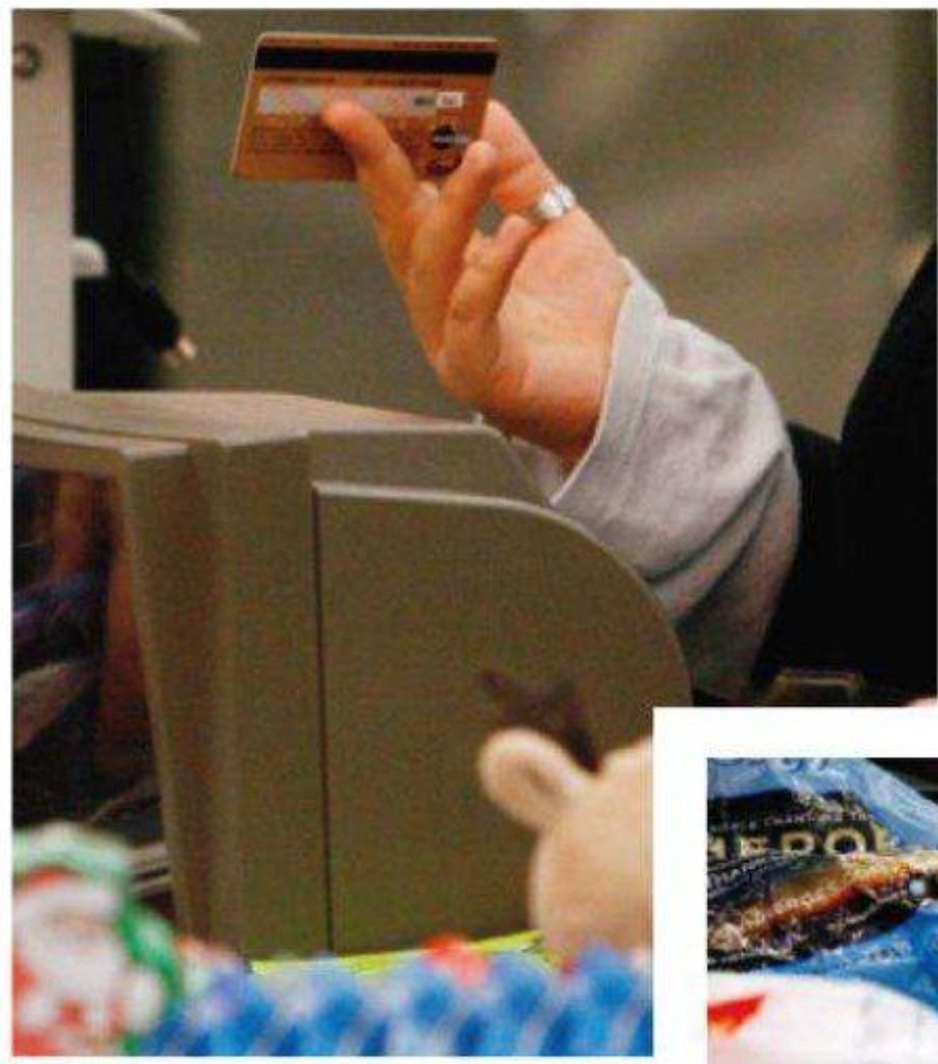
But Anna isn't buying it. She claims her former bank, a large and respected name in the industry, actually has dummy law firms who act as collection agents. These agents are even issued identification cards by the law firm, but they are on the payroll of the bank. "Playing safe *ang bangko sa ganun. Kasi dati na-criticize na sila* for being harsh on collection *kaya nila ginawang kunwari* outsourced *ang* collection *nila,*" Anna claims. They do this to evade public scrutiny, and if the story of the collection agent who took away appliances is to be recalled, lawsuits as well.

"*Walang ipinagbabawal gawin ang bangko sa pagkolekta, dahil protektado sila ng* 'outside entity' *na gawa-gawa lang din nila,*" Anna further claims.

DEBUNKING THE MYTHS

In 2004, The Bangko Sentral ng Pilipinas released circular 454, "Amendments to provisions on credit cards." In it is a subsection titled "Unfair collection practices," which explicitly states proper conduct and protocol for credit card debt collection. Banks, its affiliates and collection agencies "may resort to all reasonable and legally permissible means to collect amounts due them under the credit card agreement: Provided, That in the exercise of their rights and performance of duties, they must observe good faith and reasonable conduct and refrain from engaging in unscrupulous or untoward acts," with these "untoward" acts outlined thereafter.

Foregoing legalese, the BSP circular is saying that collection agents *cannot* call debtors up at all hours to swear at them and demand payment. All the more can't they tell them that they are going to jail, or have their reputation as *hindi nagbabayad ng utang* spread around, using dubious personas they construct to fool cardholders. They cannot barge into your home and threaten you with any kind of violent action. Much less take your appliances.



The threat of imprisonment is also blown out of the water. The BSP circular says that "threat to take any action that cannot legally be taken" because according to the 1987 Philippine Constitution's Bill of Rights (Article 3, Section 20), no one can be imprisoned for debt.

Simply put, *no one can be imprisoned* for not paying his or her credit card bills. A credit card debt can only be taken to court as a *civil* suit, and never a *criminal* suit.

REPUBLIC ACT 8484

Still, to ram down the stigma of the criminal to the beleaguered credit card holder, another common *bala* collection agents use against cardholders is RA 8484 or the Access Devices Regulation Act. The act goes after people who defraud banks, *not* ordinary people who are having trouble paying their huge sums of debt.

What spells the difference?

Defrauders fake credit cards or use it with malicious intent. The evidence they stick to would-be fraud committers of their malicious intent are: a) they move places of residence without informing the credit card company, the balance of what they owe is over 90 days at the time of the move and said balance amounts to over 10,000 pesos. If all these are proven only then can the cardholder be imprisoned, and not for his debt (referring back to section 20 of the Bill of Rights) but for his intent to deceive the government. "The most critical here, is when a person applies for a credit card indicating his or her office and home address and would maximize his or her credit limit and flee thereafter, since it is deemed to have violated this [Republic Act 8484] act, which is punishable by both a fine and imprisonment," says Atty. Teodoro Pastrana, in an article in the *Manila Times* dated January 2010.

WHO TO TURN TO

But while the matter is still floating around in the legislative firmament, Filipinos are finding their own ways to momentarily cope with the stress of dealing with these debt collectors. Failuretopaycreditcard.blogspot.com is a website that almost reads like a self-help book, with an pseudo-anonymous "Banker" persona posting tips on how to handle agents—in colorful colloquial banter. Followers of this blog are keen to share their own horror stories, and have since created what looks like an online support group, united by their debt and their distrust (and disgust) for these collection agents. Some snippets:

THE LEGAL SYSTEM IS A TWO-WAY STREET

Collectors say you are violating Philippine law. So are they. Looking at the Revised Penal Code, here's how:

Art. 128- Violation of Domicile: When a collector enters your home without your permission and refuses to leave.

Art. 282- Grave threats: When a collector threatens you or your family, verbally or in writing.

Art. 287- Light coercions: When a collector removes your belongings from your home as means for payment or as collateral for your debt.

Hi banker,
just received a call from a collector, i pretended na katulong ako dito ng boss ko and bastos talaga yung collector na yun, binabaan ko nga ng phone. nakakapanginig ng laman, palibhasa magpapasko kaya kailangan maka quota..
Friday, November 26, 2010
2:09:00 PM GMT+08:00

thony said: irish bastusin mo din. Ganun lang naman laban nian. nsa script na kasi nila pag puro di makabayad ang second option na nila mambastos.

Dear banker,
... Ang problem ko po cs cc agency collector ko, ang sama na ang mga sinasabi. Kpag tawag sa office sakto na wala naman ako tlaga dun n dto sa haus ganun din. Sinasabi na nanlalaki ako kc lagi daw ako wala. Minumura pa mga ka-ofis mate ko n mother in law ko dto sa haus. Grabe cnasabi pa nya sa mother in law ko na " d mo kaya manugang mo, cguro may ginagawang milagro yan, nanlalaki yan, bantayan mo.

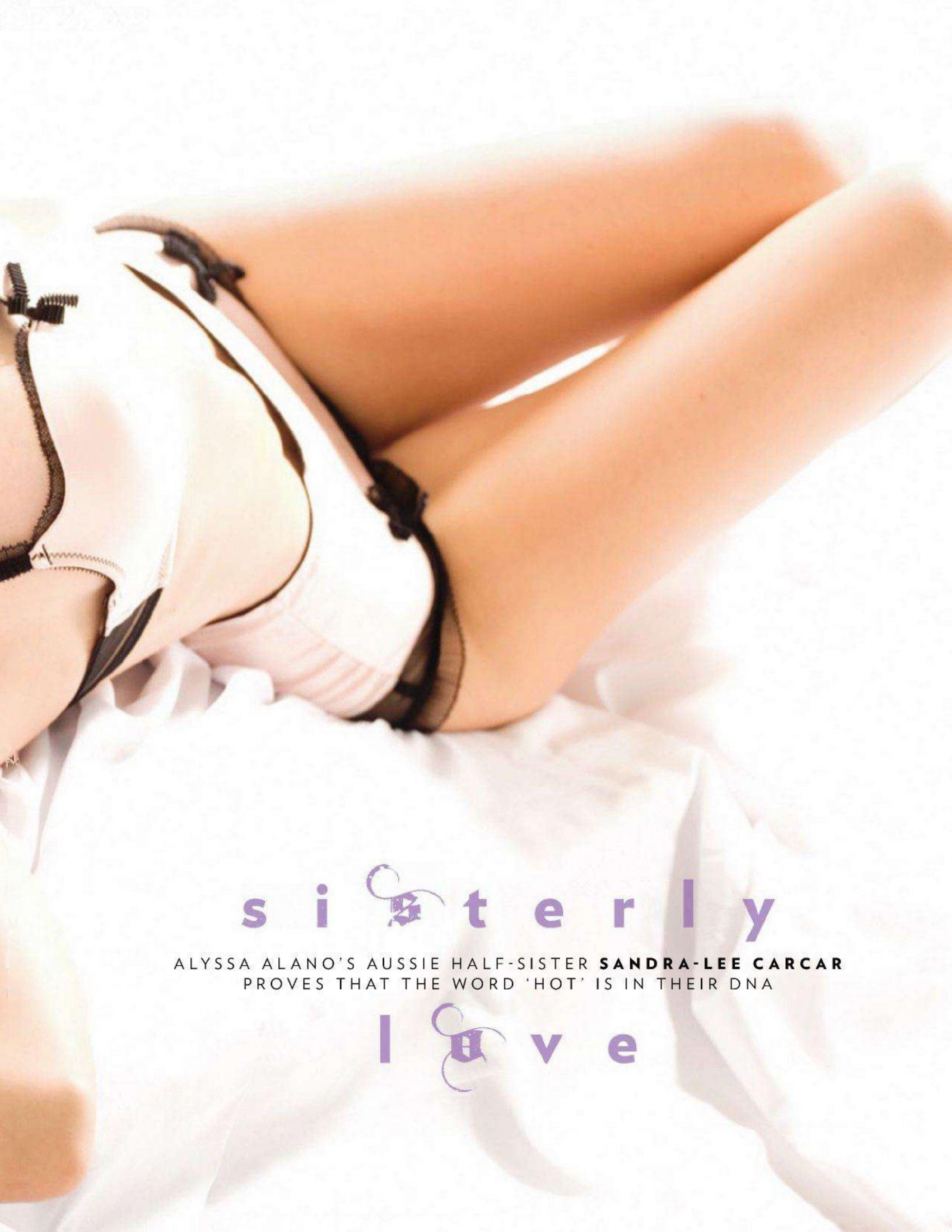
angel said: i jaz want to share my experience jaz a while ago. a collector claiming to be an account officer of de guzman law ofc called me up telling me to pay my obligation in 24 hrs. i told him i don't have the money to pay and if ever i would have the enough money i will not talk to him instead go directly to the bank and pay. maayos ko syang kausap pero bastos tlga ang mga collector lalo na pag babae kausap...

The things debts do to people. **FHM**

PHOTOGRAPHY:
WESLEY VILLARICA

INTERVIEW:
JET TANYAG

HAIR AND MAKEUP:
HAROLD SANTOS FOR
MAYBELLINE
ALL LINGERIE FROM ETAM



sisterly love

ALYSSA ALANO'S AUSSIE HALF-SISTER **SANDRA-LEE CARCAR** PROVES THAT THE WORD 'HOT' IS IN THEIR DNA

To refresh your memories, Sandra-Lee **Carcar first** came under the public radar after she talked with her long lost half-sister, Alyssa Alano, over the phone on national television in 2009. Everyone saw proof that Alyssa's beauty was no fluke: a flawless sibling with searing curves that could knock out men and women alike. *FHM* made a mental note: Get her in the magazine if not now, soon. "Soon" turned out to be more than a year of waiting. But it doesn't matter, she lands on our pages at last. Savor her goddess-like presence as she affords us a glimpse of her party life, hidden talent and a possible double-feature with her half-sister—and why she might try to conceal her family name when in Italy.

What else don't we know about you other than you're Alyssa Alano's half-sister?
Well, I'm bisexual and I've had two girlfriends at one time. They were twins!

That'll make men jealous! What do you most enjoy about being bisexual?
You have the best of both worlds! Foreplay's definitely best with women but if I want proper sex, I prefer toys because they're rough. The only thing bad about toys is if they run out of batteries at the wrong time. As you're climaxing, it goes dead, you say, "Ahh...shit!" Ha ha! That has happened to me a lot of times.

How's life in Australia?
I have my comforts there. Food is the best because there's a variety to choose from.

What do you do for a living?
I have a demolition business. I use lots of jackhammers, that's why I'm a bit like a man.

What do you like here in the Philippines?
You're very hospitable! I really like the people here, there's a lot of good looking men... and women! Ha ha!

Do you go out a lot when in Manila?
I only go out on weekends. I'm trying to convince people to take me to a strip club because I want to see strippers, but no one wants to! Ha ha! I love a woman's body and I have a great collection of porn at home.

You should've asked us out! On a scale of 1 to 10, how good are you at strip-teasing?
Give me a pole and I'm a nine-and-a-half! Without the pole, I'm no more above eight.

What separates Filipinas from Aussie girls?
In Australia, we're wild girls! When we all get drunk, we start kissing each other! If I do that here, they might all freak out and run away.

Have you ever kissed someone that you felt was like a wall?
Oh yes, a lot! You know what I hate? Teeth. When they bite you while kissing even though they have lips to cushion your teeth with.

Who kisses better, boys or girls?
Girls are more sensual. Boys will be like that if they're a bit more feminine. Ha ha! They're a bit more full-on, stick-the-tongue-down-the-throat. Chicks are softer.

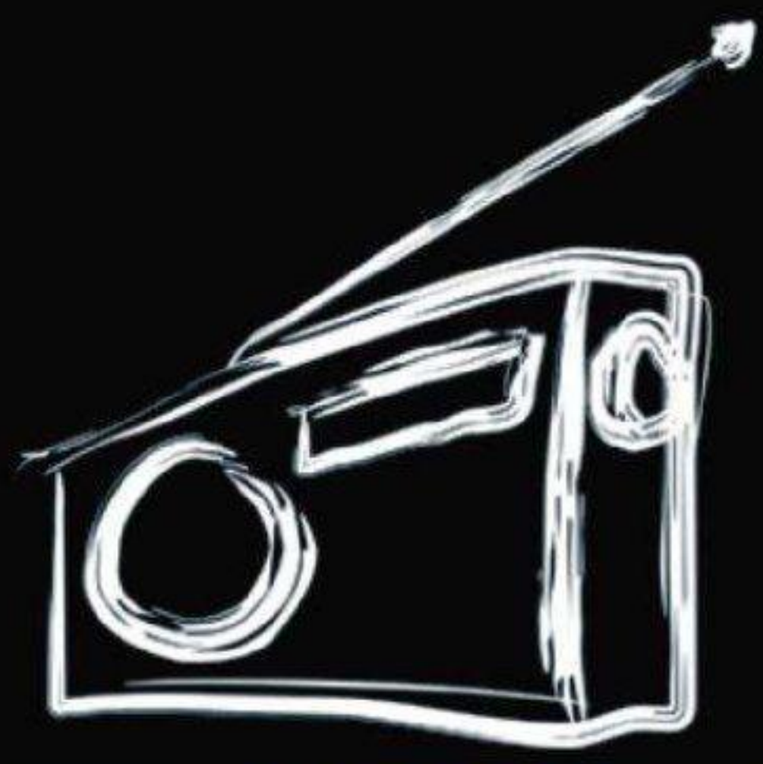
Are you used to people finding your family name a bit unusual?
They remember me by my surname. When I go to a shop and I say Carcar, they'll say, "I remember you! I won't remember your first name anyway!" Ha ha!

Do you often meet other Australians who share your surname?
It's very unique in Australia. Even in Spain, the place where my surname originated, it's not very common. However, in Italy they pronounce it "ca-ca" and there my surname means "shit." Ha ha!

How's your relationship with Alyssa going?
We're becoming closer because I didn't know her before years ago. Back then I never knew she existed. They found me on Facebook and that's how I also found out about her.

What were your first impressions of your half-sister?
I think that she's very, very beautiful and very kind. She looks just like my other little sister.

We recently featured the Madrigal sisters on the cover. Do we have a good reason to hope for a feature with both you and Alyssa in it?
On my behalf, yes! But it's still up to her! Ha ha! **FHM**



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Today's Best Music

HOT STEPPER

WHAT YOU WEAR ON YOUR FEET CAN DICTATE YOUR SUCCESS RATE WITH THE CHICKS

Looking good always needs to seem like it took minimal effort—even if it took a whole lot of planning. The goal is always to come out looking like you just threw the rags on and, hey, you just happen to look awesome in them, all the time. Coming up with this seemingly innate sense of style really just means that you have to invest in nice pieces: quality shirts, quality pants, and moreso, quality shoes. Why do we stress the importance of good shoes? Because a great ensemble can be easily ruined by a crappy pair, and a ho-hum outfit can instantly look oh-so-*pogi* with stylish foot gear. As they say, it's all in the details.

More important, chicks check out your stats down south all the time. All the time. You know how girls have a thing for their footwear? That extends to what their male prospects wear also. So while basic, clean shoes could be enough to get you a passing mark; sleek shoes will add even more points. So what exactly would count as effortlessly stylish, chick-approved footwear? Two things: First, quality. Good quality shoes always look better, and not to mention, last longer, than cheap fakes. Plus, if you are willing to splurge on shoes, she will think you're a generous boy who will do the same for her. Second, simplicity—nothing too pointy, or too detailed. While studs and grommets might be the "in" thing for the season, chicks would rather you stick to more classic and streamlined footwear.

Lacoste footwear are available at Lacoste Shoe Stores in leading malls nationwide.

EFFORTLESS

LET BASIC PIECES SHINE WITH STRATEGIC LAYERING AND MATCHING

Camel coat from Mundo from The Ramp at Crossings dept. Store, P3,030

Dockers long sleeves, P1,899.50

Bench dark-wash jeans, P899

SM Dept. Store socks, P150

Bench belt, P899

Pedro shoes, about P2,000

KNIT PICKING

Warm and cuddle-friendly items for the chilly season.

DEAN AND TRENT CARDIGAN P1,200

DOCKERS BLACK SWEATER WITH GRAY STRIPES P2,999.50

OXYGEN GRAY KNIT TOP P549

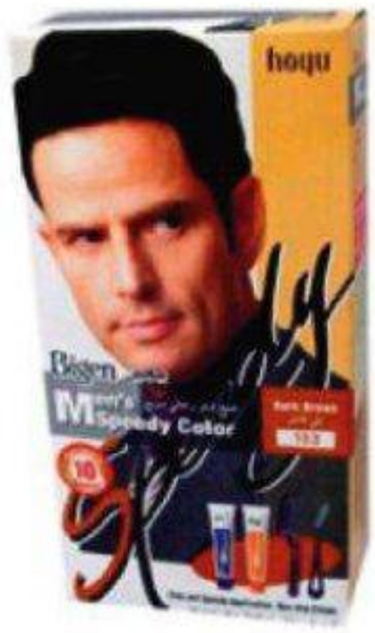
OXYGEN BLACK KNIT P749

NEW ESSENTIALS

THINGS TO TRY OUT IN 2011

GOOD THINGS COME IN THREES

The classic three stripes and trefoil Adidas logo are iconic images that give instant recognition. Their latest O by O (Originals by Originals) collection for Fall/Winter 2010 promise a nostalgic tribute to retro-fun times, but is also a modern take on well-loved classic Adidas designs. Get yourself a piece of Adidas' new tradition.



GRAY, GRAY, GO AWAY

Get rid of gray while conditioning your hair with Bigen Men's Speedy Hair Color! Ammonia-free and rich with hair-friendly ingredients like olive oil, glycerin, and pullutan, you are assured of not just great hair color, but also healthier hair after. Plus each pack of Bigen is designed as a complete kit that allows for several coloring jobs–saving you cash while making you look years younger, too.

LET ME WARM YOU UP, BABY

It might seem a bit odd that this breakthrough cold-resistant technology called Omi-heat from Columbia is being introduced in our tropical country–but given the fact that Pinoys can be found in every other foreign land, some with freezing temperatures, it suddenly makes a whole lot of sense! With the impending apocalypse, it's good to know that you'll be warm and safe.

GOOD REP

Banana Republic, known for comfy, laid-back and stylish leisure and casual wear has great new pieces for the holiday season. If you're still behind with the gift-giving, check out their new line of accessories for women with bold cocktail rings and delicate neck pieces. For your pals, their casual non-iron shirts will always look crisp and chic even after a long day at work and a crazy night at the bar.

KNIT PHOTOS BY LOUIE AGUINALDO

ALL SET

For trouble-free yet highly-appreciated gift-giving ideas, you cannot go wrong with a handy toiletries travel kit. This set from Fruits and Passion includes some shower gel, after shave and eau de toilette, all in a handy and reusable pouch. The packaging and the scent are specially designed for men–making you smell like a boy, and not like your kid sister or your girlfriend.

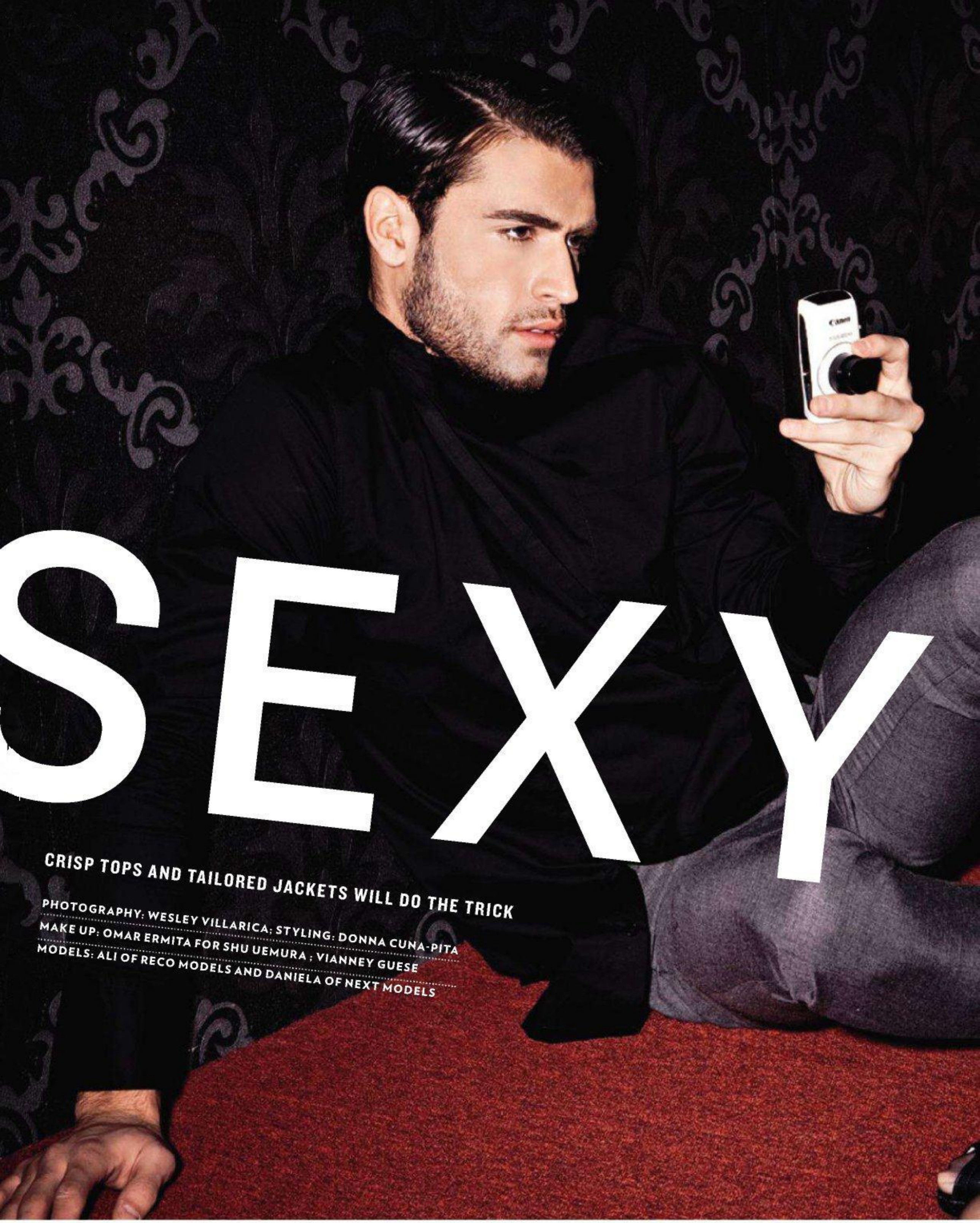
MODERN SAMURAI

Originating from the samurai sandals, Chaski sandals available at Columbia Stores are a fusion of the traditional Japanese culture and the emerging J-pop fashion. Created by Tekehiko Inoue, the famous Japanese manga artist best known for the basketball manga *Slam Dunk*, this funky pair with interchangeable soles will look good both in the urban setting and at the beach.

RESISTANCE IS FRUITFUL

Pack your stuff in style!

In support of individuals who have bravely gone against the norm, Eastpak launces its Resistance Movement, reflected by their hip, edgy designs that are built to resist the harsh elements and daily use. This new product line is built to resist complexity, limits, discomfort, inadequacy, and the ordinary—evolving along with the needs of a new generation.



SEXY

CRISP TOPS AND TAILORED JACKETS WILL DO THE TRICK

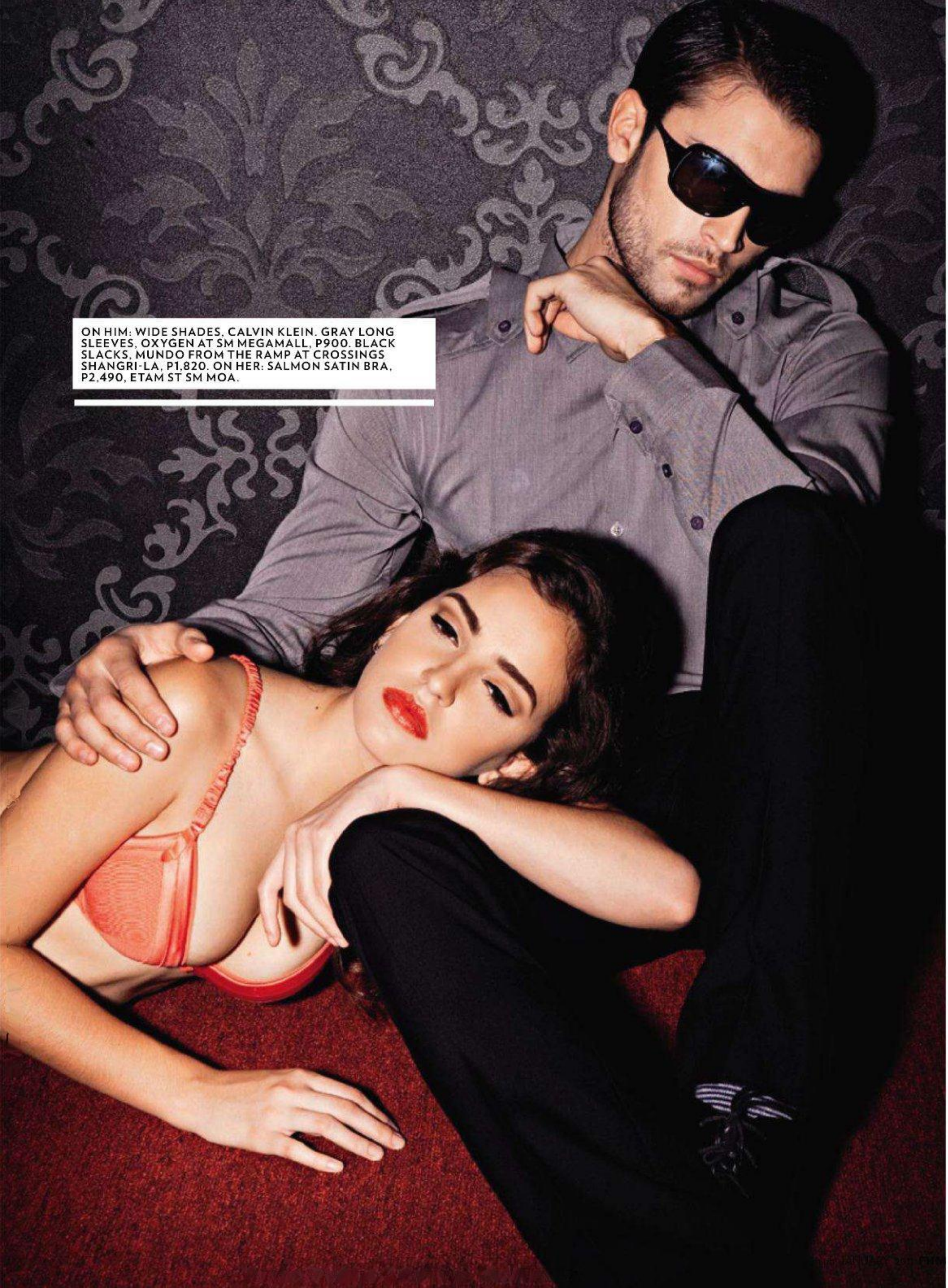
PHOTOGRAPHY: WESLEY VILLARICA; STYLING: DONNA CUNA-PITA
MAKE UP: OMAR ERMITA FOR SHU UEMURA ; VIANNEY GUESE
MODELS: ALI OF RECO MODELS AND DANIELA OF NEXT MODELS

ON HIM: BLACK LONG SLEEVES, OXYGEN AT MEGAMALL, ABOUT P900. GRAY SLIMFIT SLACKS, MUNDO FROM THE RAMP AT CROSSINGS SHANGRI-LA, P1,820. CAMERA FROM CANON. ON HER: BLACK PUSH-UP BRA, P1,890. HIGH-WAIST PANTIES, P1,090. GARTER BELT, P690. STOCKINGS, P990, ALL FROM ETAM, SM MOA.

ON HIM: WHITE LONG SLEEVES, BENETTON ROBINSONS GALLERIA, ABOUT P2,000. GRAY DRESS COAT, MUNDO FROM THE RAMP AT CROSSINGS SHANGRI-LA MALL, P2,300. BLACK SLACKS, MUNDO FROM THE RAMP AT CROSSINGS SHANGRI-LA, P1,820. ON HER: SATIN BRA, P2,490 AND PANTIES, P1,090, BOTH FROM ETAM AT SM MOA.

ON HIM: SHADES, RAYBAN. BLACK TRENCH COAT, MUNDO FROM THE RAMP AT CROSSINGS SHANGRI-LA MALL, P2,300. BLUE LONG SLEEVES, BENETTON AT ROBINSONS GALLERIA, ABOUT P2,000. GRAY SLACKS, MUNDO FROM THE RAMP ATCROSSINGS SHANGRI-LA MALL, P1,820. ON HER: SATIN BRA, P2,490, PANTIES, P790, GARTER BELT, P990, STOCKINGS, P1,290, ALL FROM ETAM, SM MOA.

ON HIM: OPEN COLLAR LONG SLEEVES, MUNDO FROM THE RAMP AT CROSSINGS SHANGRI-LA, P1,650. BLACK SLACKS, MUNDO, P1,820. ON HER: GINGHAM BRA, P1,990, AND PANTIES, P1,290, BOTH FROM ETAM, SM MOA.



ON HIM: WIDE SHADES, CALVIN KLEIN. GRAY LONG SLEEVES, OXYGEN AT SM MEGAMALL, P900. BLACK SLACKS, MUNDO FROM THE RAMP AT CROSSINGS SHANGRI-LA, P1,820. ON HER: SALMON SATIN BRA, P2,490, ETAM ST SM MOA.

Let's chat.

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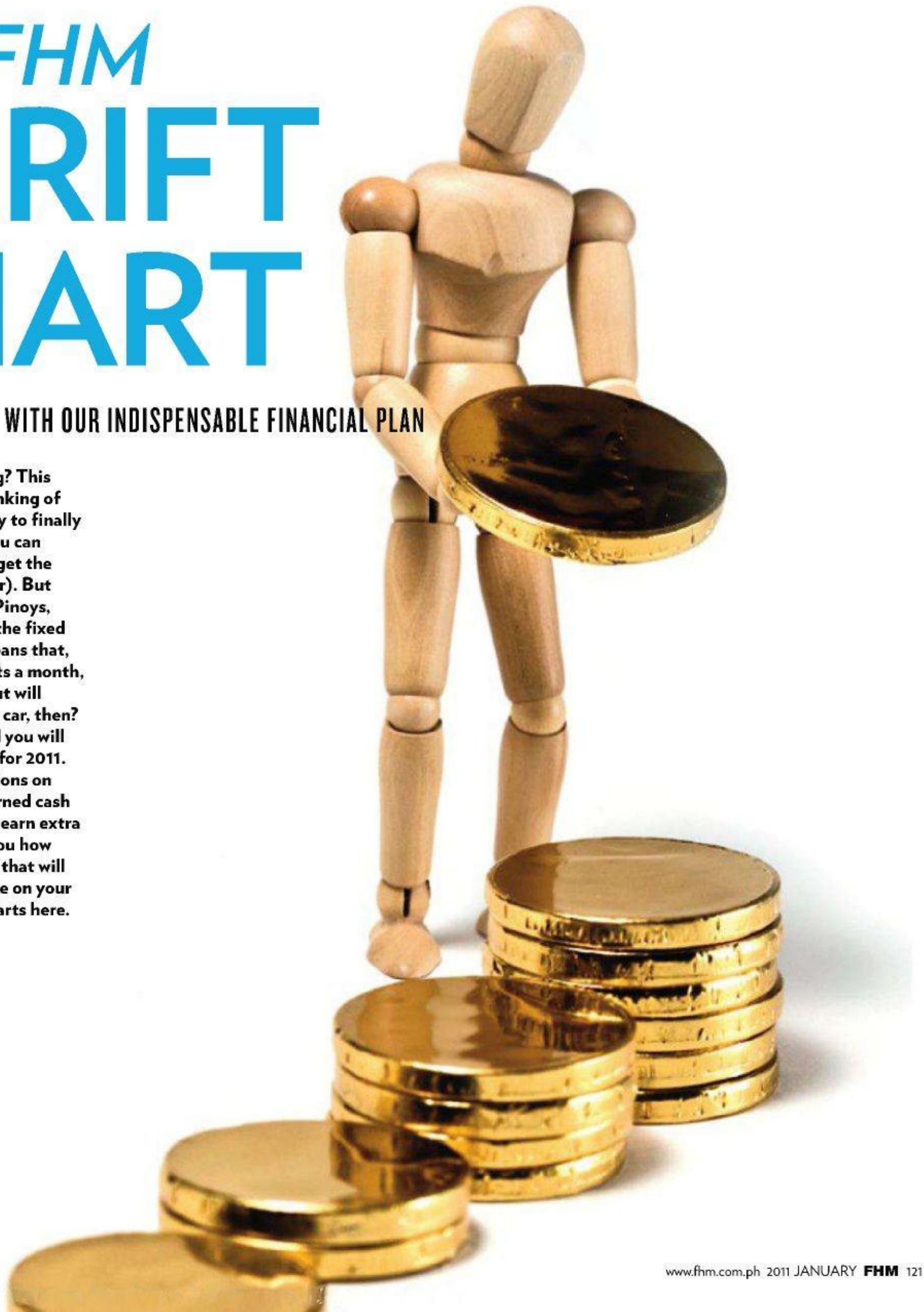
UPGRADE

THE *FHM* THRIFT CHART

GROW MONEY IN 2011 WITH OUR INDISPENSABLE FINANCIAL PLAN



How's your cash flow going? This early, we're sure you're thinking of various ways to save money to finally buy yourself something you can proudly declare yours (forget the new Xbox, try your own car). But like millions of employed Pinoys, you have to make do with the fixed income you get. Which means that, unless you earn seven digits a month, any luxury you dream about will remain just that. Goodbye car, then? Not yet. Flip this page and you will find *FHM*'s Financial Plan for 2011. We did away with suggestions on where to put your hard-earned cash or what *raket* will help you earn extra dough. Instead we teach you how to save, a simple approach that will require maximum tolerance on your part. The path to riches starts here.

WORDS: MICH LAGDAMEO. PHOTO: GETTY IMAGES

SALARY

PAY YOURSELF FIRST

It's a misconception that savings are what's left at the end of the month. Before you spend the spoils of your labor, skim a bit off the top of your salary and set that amount aside.

LEAVE THE LUXURY

You'd be surprised at how much your weekly Starbucks or beer at the bar costs when added up. Keep things simple: store some 3-in-1 coffee sachets at your cube; skip the bars and head over to friends' houses for cheaper *inuman* sessions.

MAP OUT THE YEAR

If your goal is to have a cozy nest egg by Christmas, anticipate what's coming. It's your girlfriend's birthday next month? Valentine's Day? That annual sembreak vacation your buddies always go on? Nothing like unforeseen expenses to wreck a careful savings plan. Fret not, roll your sleeves up, and start bargain-hunting. Book flights or hotels early to get discounts. And keep tabs of mall-wide sales that are happening soon when you plan to buy great gifts at slashed down rates.

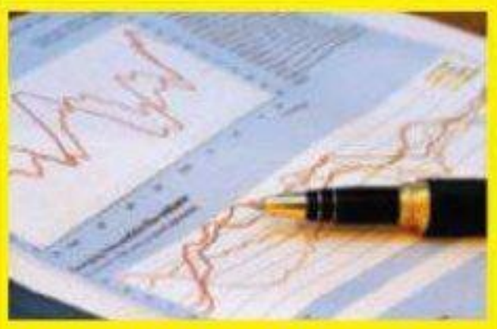
THE ENVELOPE PLEASE

Be a little more patient and adopt what Chinkee Tan author of *Till Debt Do Us Part* calls the "envelope system". Buy a bunch of envelopes and label them according to your needs (rent, utilities, monthly *FHM* copy, etc). Allot cash into each according to your budget, and be diligent in spending only from the right envelope. Whatever's left at the end of the month goes straight to the savings account.

The ultra-realistic sex doll completed the final all-or nothing wager

THE UNAVOIDABLE *GASTOS*

Be informed and up-to-date with "grown-up" expenses, like monthly car or insurance payments that should always be factored into the budget. Ideally, you must be able to pay these off at the right time. Bills that accrue interest will only sink your debt chart deeper.

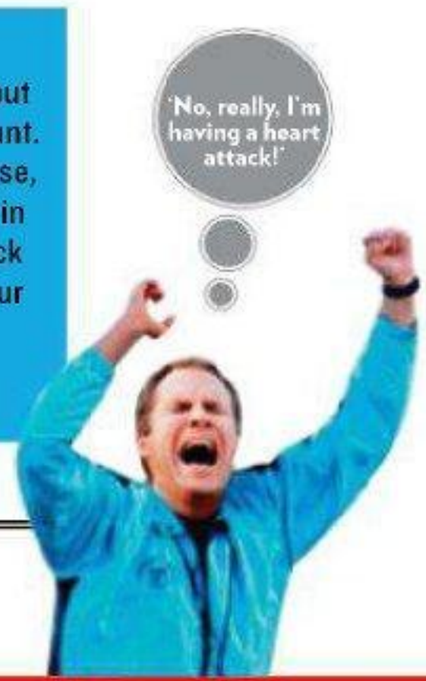


LEARN MORE ABOUT STOCKS

If you want to play with your money, do your research and open an online account that'll let you invest in the stock exchange. But remember, it takes a while for money to grow here, and considerable risk is involved. Definitely not for the faint of heart.

OPEN A SEPARATE ACCOUNT FOR SAVINGS

If you're content to let money sit and grow, put all the money you're saving into a new account. Look at the interest rate per annum. Of course, you'll want a bank that'll grow your account in the shortest time possible. Here's a nifty trick from Tan's book: divide the number 72 by your interest rate, and the answer is the number of years it'll take for your money to double. Choose wisely.



SAVINGS

7 CRUCIAL CONSUMER TRENDS FOR 2011

BUYING, BRANDING AND YOU ACCORDING TO TRENDWATCHING.COM

1 RANDOM ACTS OF KINDNESS
Thanks to your Tweets and Facebook statuses, companies and brands will reach out to you (read: freebies, preferential treatment) and give you the warm fuzzies.

2 PRICING PANDEMONIUM
While we've always looked for the best deal, brands will be more innovative and competitive when it comes to pricing their wares. Better deals for us!

3 MADE FOR ASIA
Big Western brands are beginning to cater to emerging markets like China and other Asian countries. Looks like our cash will be spent honoring good old colonial mentality.

4 ONLINE STATUS SYMBOLS
Online is still the place to be, and companies like Twitter and Foursquare will help feed our online personas' egos by awarding us for using their services (i.e. freebies, preferred user status).

5 WELLTHY
Expect more wellness-targeting goodies and gizmos to come out in 2011, helping us improve our quality of life.

6 SOCIAL-LITES AND TWINSUMERS
Brands now know (and will use) the fact that people are now arbiters of taste, style and trends. Knowing what's *uso* through word of mouth is even more powerful.

7 EMERGING GENEROSITY
China and other newly moneyed markets will join the philanthropist bandwagon this 2011. Maybe they'll spread goodwill our way!

WORDS: MICH LAGDAMEO

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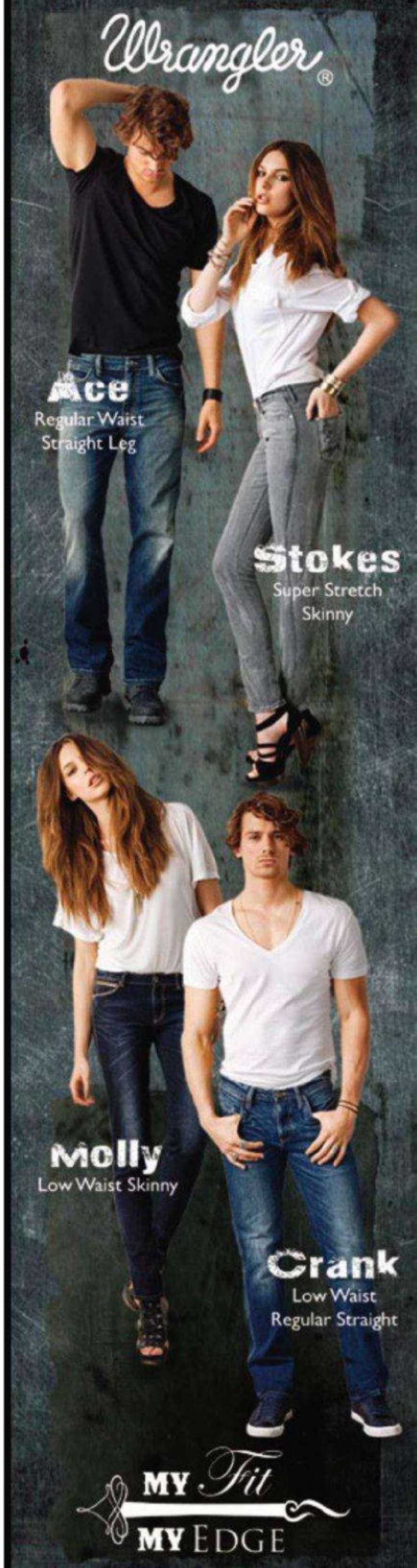


TAKE UP...

HELMET DIVING

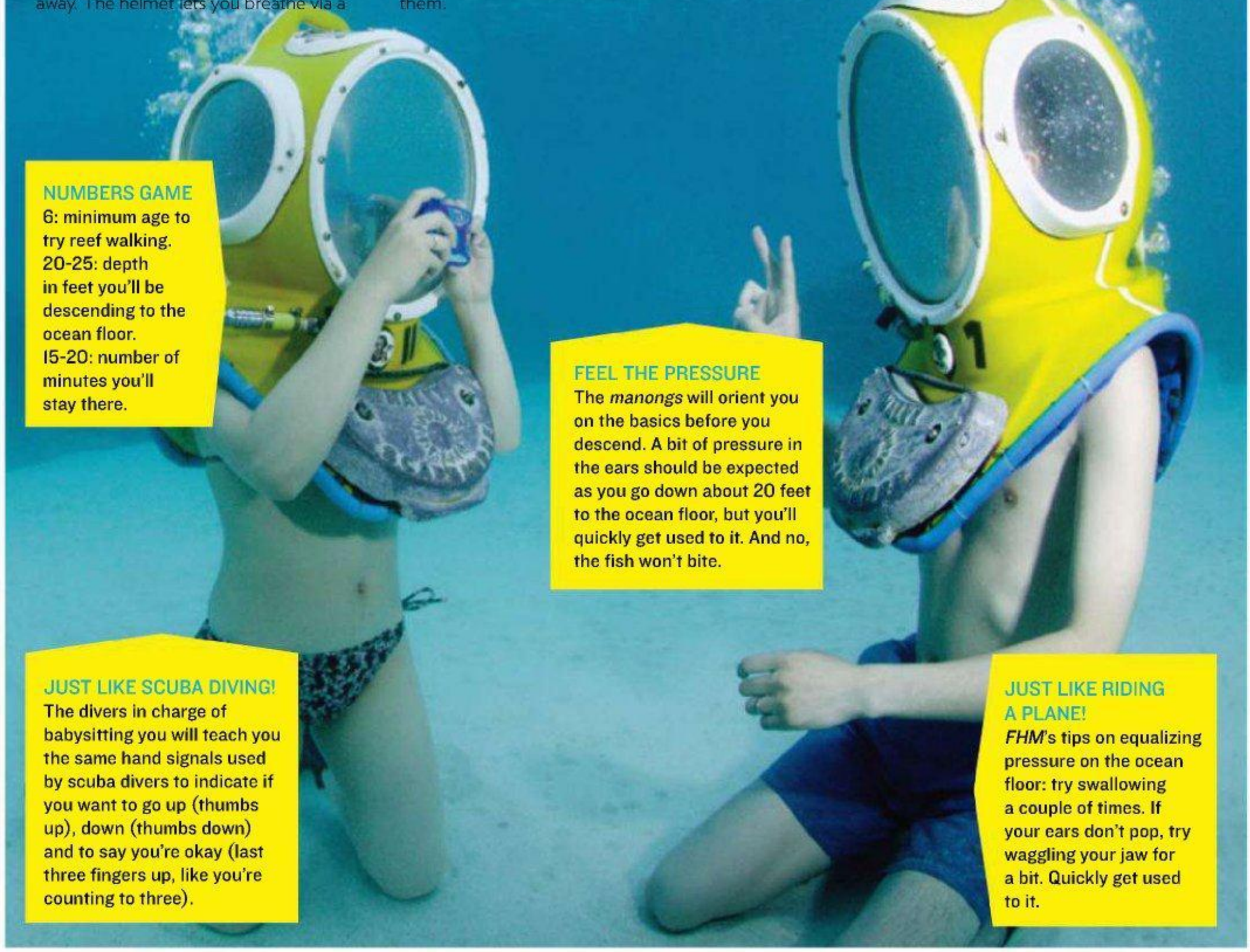
OR HOW TO COMMUNE WITH MARINE LIFE WITHOUT CARRYING AN OXYGEN TANK

What it is: Also known as reef walking, helmet diving is rapidly commanding a spot on every Boracay-bound denizen's bucket list. A boat is taken out to sea, a heavy helmet that is to be your lifeline is donned, a ladder is descended and you spend a few ecstatic minutes underwater finding (and feeding) Nemo, as well as realizing what a sorry state our corals are in. Think of it as scuba diving for uncertified sissies (like us!).

Why go: Because it's infinitely easier than strapping on a heavy tank and logging in hundreds of hours to learn scuba diving, but it's still cooler than paddling in shallow water wearing a snorkel, scaring fish away. The helmet lets you breathe via a hose connected to the boat, so fear of drowning is eliminated. The guys who run the show can also take snapshots of you underwater, perfect for your Facebook profile pic.

Be prepared to: Shell out around P500 to P600 (bargaining permissible) and laugh at buddies who are afraid of swarming fish (there's one in every bunch). Experience some pressure in your ears as you descend the ladder.

Where to find it: Much like the banana boat craze years back, many enterprising individuals in Boracay offer negotiable rates and packages for helmet diving. Walk around the beach and you'll find them.



COOL SCIENCE
Thanks to the wonders of nature, the helmet, which weighs about 40 pounds, will be virtually weightless once underwater.

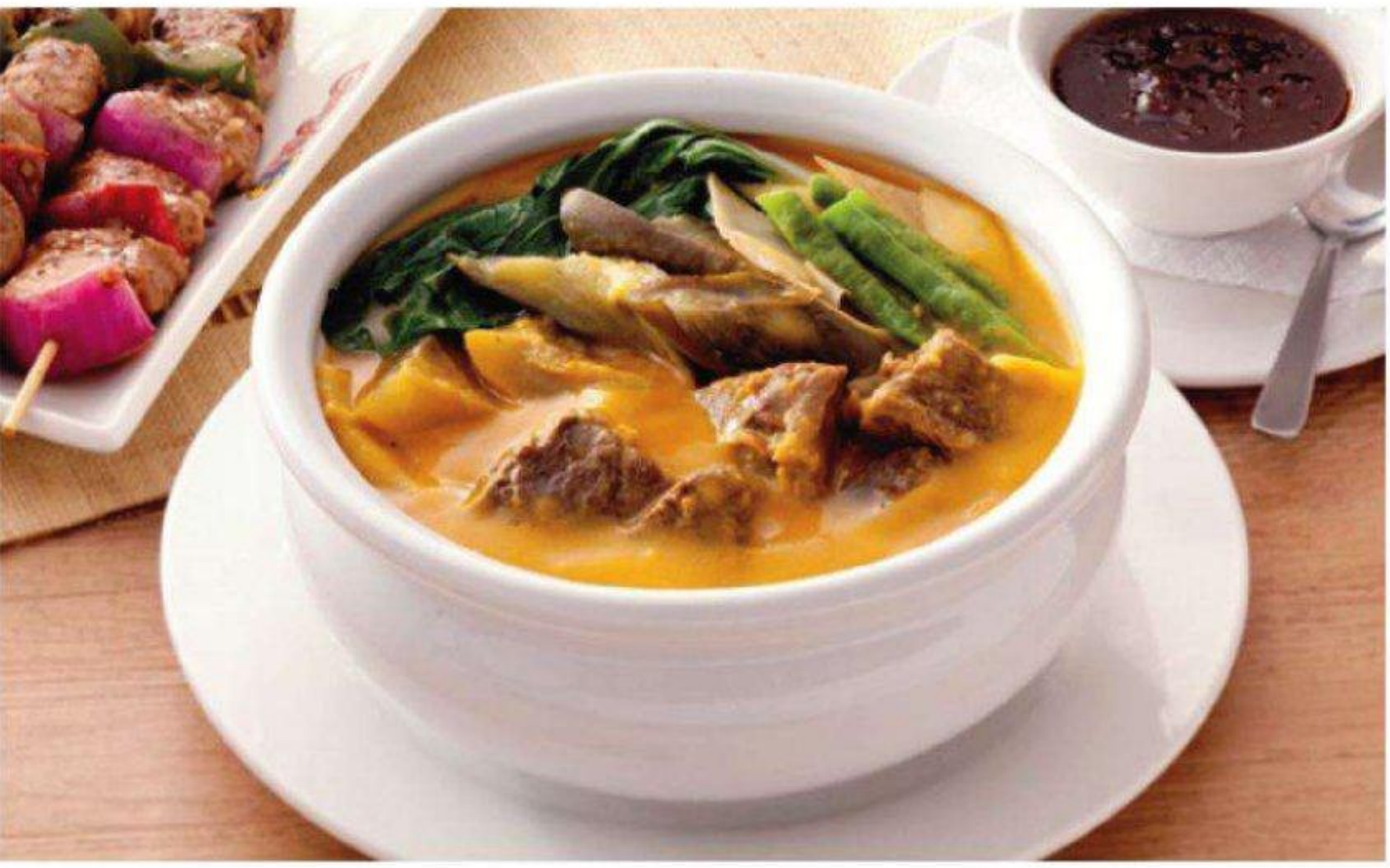
NUMBERS GAME
6: minimum age to try reef walking.
20-25: depth in feet you'll be descending to the ocean floor.
15-20: number of minutes you'll stay there.

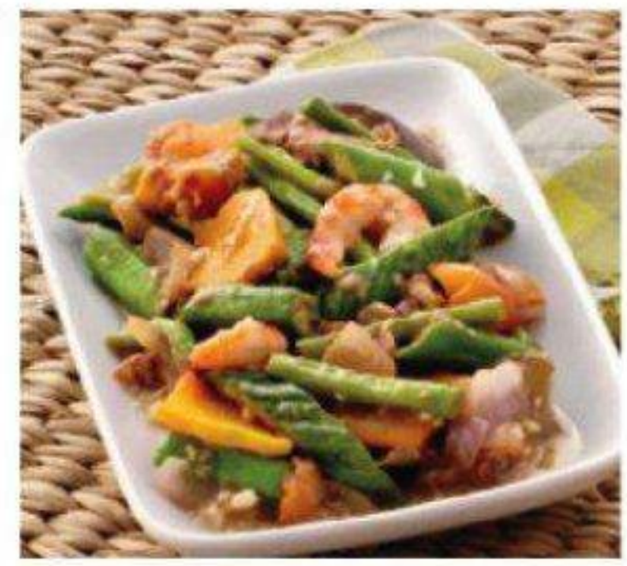
FEEL THE PRESSURE
The *manongs* will orient you on the basics before you descend. A bit of pressure in the ears should be expected as you go down about 20 feet to the ocean floor, but you'll quickly get used to it. And no, the fish won't bite.

JUST LIKE SCUBA DIVING!
The divers in charge of babysitting you will teach you the same hand signals used by scuba divers to indicate if you want to go up (thumbs up), down (thumbs down) and to say you're okay (last three fingers up, like you're counting to three).

JUST LIKE RIDING A PLANE!
FHM's tips on equalizing pressure on the ocean floor: try swallowing a couple of times. If your ears don't pop, try waggling your jaw for a bit. Quickly get used to it.

WORDS: MICH R. LAGDAMEO; PHOTO: GETTY IMAGE





SUCCEED AT BEING A RESTAURATEUR

GERRY'S GRILL MAIN MAN GERRY APOLINARIO ON THE CRUNCHY AND TASTY PROSPECTS OF PUTTING UP YOUR OWN FOOD DESTINATION

So you want to open your own restaurant but know nothing about the industry. Naturally, we're here to help you get started. But because *FHM* knows magazines but zilch about the food biz, we stalked, pleaded with and eventually got Gerry Apolinario of Gerry's Grill fame to tell us how best to open a restaurant. Gerry was all too generous in dispensing some tips and his resto's signature *sisig*, which we consumed in less than a minute. Here's what he said. We suggest you memorize it.

NO TIME LIKE THE PRESENT

Contrary to what we believe to be trying times, Gerry says it's actually not a bad time to open a restaurant. "There are still so many concepts to explore," says the man who opened the first Gerry's branch in Tomas Morato at the height of the Asian crisis in the late '90s. Since then, he's been managing more branches than he can visit daily in a month. We clearly don't doubt the man's business acumen. But that isn't all he's good at.

A COOK FIRST

Gerry is a firm believer in knowing your product. "A lot of people go into the restaurant business just knowing the business side—accounting, financial statements, inventory management—but the key thing here is the food. In other words, you have to know how to cook." Gulp. So after mastering mom's *kilawin* you should be good to go? Not exactly. "It's when you can make something good out of what's available. It's a general talent to have the basics and be able to concoct something good. Recipes are limiting; if you lack ingredients or don't follow the rules it won't come out the same." But knowing your food has its definite ups. Gerry says quality control is a definite challenge and a common mistake restaurateurs face, which he circumvents because he cooks and knows the food. Case in point: He pops into the kitchen to personally tweak the *sisig* being served.

A BUSINESSMAN SECOND

Of course, money matters come into play. Gerry relies on a management committee because he prefers to be hands-on in the kitchen, where, he says, "it's harder to manage people because you can't cook everything for everybody." He points out that the financial aspects should be able to run itself, leaving you to commit to the food, because "that's what people come back for." And come back they did. Gerry's first branch opened on Valentine's Day in 1997 and, by word of mouth, quickly became not just a bar but also a family-style *kainan*, ideal for birthday and baptismal parties. But the current restaurant era has an added challenge, Gerry notes. "Back then *mabilis mag-click ang mga* new restaurants *kasi kaunti lang ang pwedeng mapuntahan*. Now, you're not just competing with a particular brand, you're now also competing against a trading area." Yes, the existence of the likes of Rockwell and Serendra does give your fledgling resto stiff competition.

THE CV

NAME: Gerry Apolinario

AGE: 40

CAREER: President/CEO Prime Pacific Grill Corporation

WHY YOU SHOULD LISTEN TO HIM: From a modest *inuman* spot, Gerry's Grill now has 43 branches in three countries, the most recent of which is in Marina Bay Sands, Singapore.

FOOD, GLORIOUS FOOD

Gerry's has just opened its first-ever branch at the swanky Marina Bay Sands in Singapore last December. And there's no stopping the brand and the man, it seems. "The greatest reward is to see the company grow, to see happy customers and to see your concepts work. But you have to be hands-on, you have to be ready to face headaches every day." So you want to open a restaurant. We say go ahead, if only for this reason: "Filipinos will not stop going out. Be it a celebration, or *may problema, kakain sa labas yan*."

WORDS: MICH R. LAGDAMEO

'Sabi mo parang kagat lang ng lamok!'

NEW SKIN

THIS YEAR, RESOLVE TO BE A BETTER-LOOKING YOU

Like firecrackers, round fruits and polka dot shirts, the New Year would be incomplete without resolutions. But instead of the usual I'll- be-good or, I'll-stop-calling-my-ex-girlfriend-in-the-middle-of-the night-to-beg-her-to-take-me-back promises, have you ever thought about changing your skin care routine for the New Year? "Why bother? I'm not Derek Ramsay" you might say. Well, aside from your face, your skin—and its apparent lack of "shine"—best represents who you are. You wouldn't want to be known as "Kid Kalyo" your whole life, right? The following are essential skin-saving tips...

1 SAY NO TO OIL-BASED HAIR PRODUCTS LIKE WAX AND GELS

Why: This is especially true for acne-prone men. These products, while providing sexy texture and shine to your strands, clog your pores and cause acne breakouts. If pimples congregate near your hairline, switch to water-based hair products, or opt for a hairstyle that doesn't require too much time on the mirror—i.e., "The Baby Ama" look.

2 DO NOT DRY SHAVE

Why: You're in a hurry and you need to clean up your facial hair pronto! What do you do? Go at it straight with a razor and mow away. But this causes razor bumps, nicks, cuts and also ingrown hairs. A better and safer way is to wet the beard area and use a shaving cream or gel. This lubricates the skin and the hair strands to protect your skin from nicks and cuts.

3 ALWAYS PROTECT YOUR SKIN FROM THE SUN

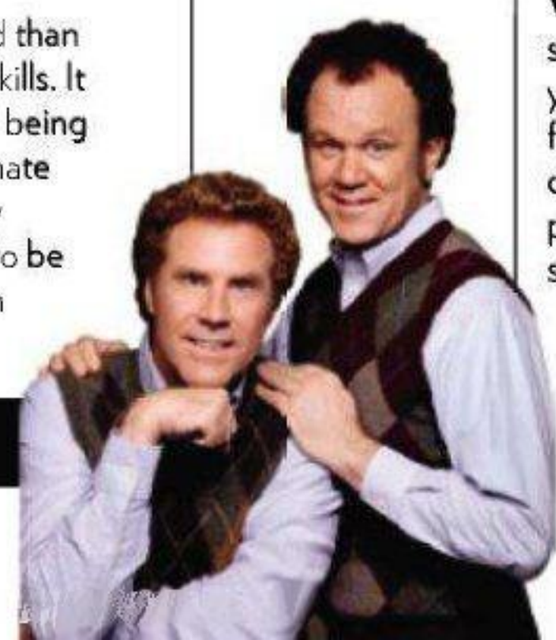
Why: Tanning, if you ask us, is not that manly. But if you really need to go under the sun, use a sunblock with at least SPF 30. If you don't like the white residue that most cream formulas leave on the skin, use a gel formula. Pat on skin 30 minutes prior to sun exposure and re-apply every two hours. You need at least 1/4 teaspoon to cover your face and to ensure maximum benefits from the sunblock. It's either that or you suffer the wrath of being called "Nognog".

4 QUIT SMOKING

Why: We know it's easier said than done. But the fact is smoking kills. It also decreases your chance at being flawless—not that it's the ultimate goal, we reckon a notch below flawless is enough. Smoking, to be exact, causes vasoconstriction (narrowing) of blood vessels, decreasing blood circulation to your skin, thus depriving it of oxygen and nutrients. This will eventually lead to premature aging, producing wrinkles, dry skin and a sallow, grayish complexion.

Frowning while smoking remained the main cause of premature aging

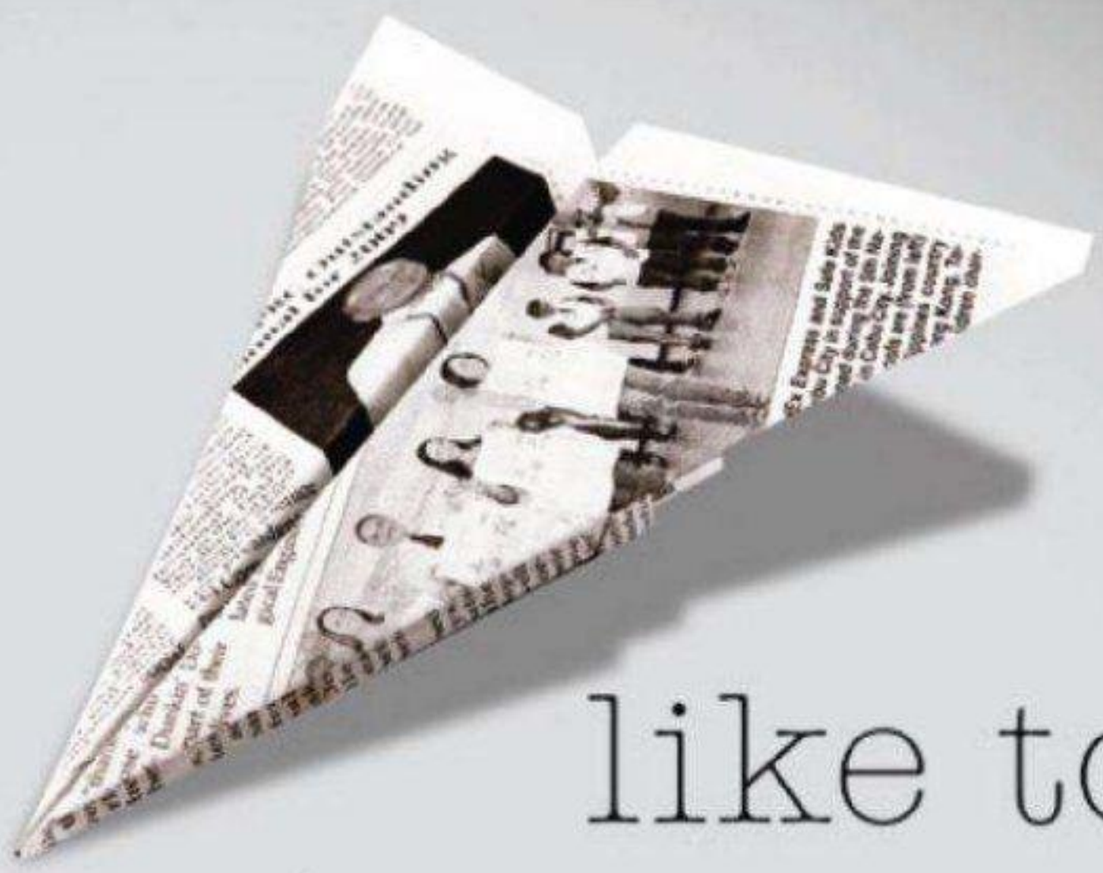
'Pichur pichur!'



5 USE MILD CLEANSERS

Why: A general rule when buying soap: If you're not sure what to use on your skin, do not try whitening soaps or facial scrubs without first consulting a dermatologist. These can cause more problems and exacerbate existing skin conditions. Going the gentle route protects your skin more and lessens the risk of adverse reactions. Cleansers don't have to sting for them to clean.

WORDS: DONNA CUNA-PITA. THE INCREDIBLE HULK PHOTOS COPYRIGHT © UNIVERSAL PICTURES; STEP BROTHERS PHOTO BY: GEMMA LA MANA. © 2007 COLUMBIA PICTURES INDUSTRIES, INC. SPECIAL THANKS TO DR. JEAN MARQUEZ OF THE SKIN SPECIALIST CLINIC (30 ESNA BLDG. TIMOG, QUEZON CITY, 3748087, 09178101319)



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HOT METAL

THE SHINIEST NEW GADGETS IN TOWN

GOING DUAL

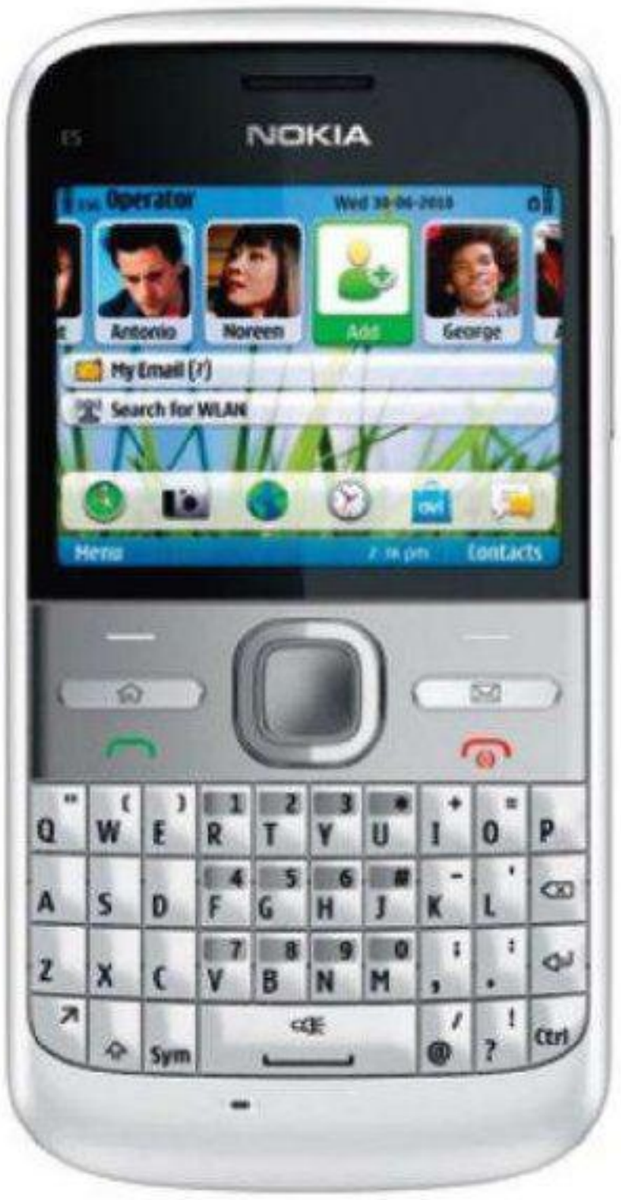
It's time to abandon your current impression of netbooks being the weaker and malnourished little bros of notebook PCs. The dual-core netbook march is upon us, with the Acer Aspire One D255 leading the parade. Don't get us wrong, it still has the traits that endear netbooks to us like mobile web connectivity and a small, lightweight design. However, the tech gods bestowed this with a dual-core Intel Atom N550 processor that makes it zippier than others of similar size. Of course, let's not forget its (up to) 2GB DDR3 RAM memory, 250GB capacity, connectivity ports (Wi-Fi, LAN, card reader), 10.1-inch LED-backlit display and impressive battery life. The Aspire One D255 comes with a dual-boot option giving you the choice to use Windows 7 Starter or, wait for it, Android 2.1, the same OS from Google.
PRICE: P23,900

'SUPERION' COMPETITION

The Apple iPad is up for stiff competition, especially with Cherry Mobile unleashing its bet in the tablet wars. The Superion sounds like something you'd expect from a tablet and it won't disappoint. It's 7-inch capacitive touchscreen display, Wi-Fi capabilities, 3-megapixel camera and GPS are just the tip of the iceberg. It's powered by 512MB RAM, a 600MHz processor and Android 2.2 (Froyo). Still need further convincing? Look at the price tag.
PRICE: P19,990

DEFIANT ANDROID

Is your mobile phone able to take up the rigors of physical abuse? We're thinking not, unless you have the Motorola Defy, which will be available soon. Just how tough is this Android cookie? Well, it's dust-, scratch- and waterproof. Add to that it comes with Android 2.1, a huge 3.7-inch capacitive touchscreen display, 5-megapixel camera with LED flash, 512MB of RAM and an 800MHz processor. And have we mentioned that it's a looker, too?
PRICE: Around P23,000



A WORTHY HEIR

The Nokia E63 is one of the more popular handsets the Finns have released locally in recent years, thanks to its combination of hard specs, ease-of-use and pocket-friendly SRP. Now, its heir-apparent, the E5 has arrived, poised to bring the same level of satisfaction to Pinoy Nokia fans. It has upgraded features, full wireless connectivity, more powerful hardware, the same Symbian user-friendliness and useful software.
PRICE: P14,950

WORDS: NEPS FIRMALAN

RIDE THE BANDWAGON

So you thought Android smartphones are for power geeks? Guess again. Impressively, the LG Optimus GT540 is a pureblooded Android with all the bells and whistles and extra trimmings you expect in an almost computer like cellphone. It's replete with a plethora of connectivity options, multimedia offerings and power apps via Android Market. This bad boy is about serious business, ready to butt heads with other phone giants around. Now, the sweet clincher: It's pegged at half the price of Android phones in the market. It's *pogi* and affordable: the perfect combo.
PRICE: P12,900

CHERRIFIC!

Here is our country's answer to the iPhone 4. Magnum HD from Cherry Mobile looks tough, sounds tough and has the sspecs to back it up. Think what it can do with its 1GHz processor, 512MB RAM, dual cams, 4.1-inch touchscreen display and full wireless connectivity options, all powered by Android 2.2. Needless to say, it can stand against the competition.
PRICE: P18,990

LET THE WAR BEGIN

Cam-whores, rejoice! Nikon launches a new digital SLR, the D7000. Nikon claims this one is poised to amp up the camera-wars to new heights. Just think of its slew of features: 16-megapixels, full HD 1080p video recording, magnesium alloy casing, ISO range of up to 25,600 and an HDMI port. Those wanting to jump onto the Nikon camp, it's time.
PRICE: TBA

HTC DESIRE HD

With a 4.3-inch display screen and SRS virtual surround sound, watching quality movies wherever is cake. And, for those who can't tell left from right, this latest model boasts of zero-waiting time for its digital maps. The HD takes advantage of the Sense Experience that allows you to call your phone from a computer just in case you lose your phone.
PRICE: Around P34,500 (HTC Desire HD)

NOT-SO-MINI

Don't be fooled. Just because the HTC HD Mini has the word "mini" on its name doesn't mean it's not heavy on tech goodness. It certainly is a gifted gadget, with its awesome combination of hardware (3.2-inch capacitive touchscreen, 600MHz processor, 5-megapixel camera with auto-focus), software (smart apps, full multimedia options, office email integration via Windows Mobile) and connectivity options. Needless to say this handset is a mini-biggie for power users.
PRICE: About P29,200

SKIN SCIENCE

TATTOO ARTIST'S INSTRUMENTS THAT PROBE AND POKE YOUR FLESH FOR ART'S SAKE

›THE TATTOO GUN

TUBE
Cylinder in the base where the needle is inserted. Similar to paintbrushes, it comes in different diameters and weights based on the artist's preference, being the part he grips when creating his tattoo *obras*.

POWER TERMINAL
Electrical juice surges into the machine through this piece located at the butt end of the tool. These two metal power conductors are where the trip cord is connected.

VICE
This holds the tube in place and like a joint, it connects one piece to the other. It can be loosened or tightened depending on how comfortable it feels for the tattooist.

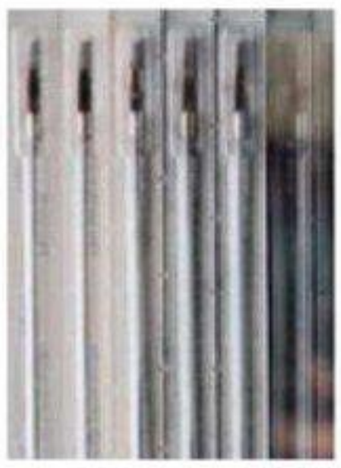
ARMATURE
Basically houses the needle and needle tip. Accuracy and precision would be lost without it. If this is not latched on, your artistic dragon skin art just might look like a dehydrated *butiki*.

SANITIZE: BE SAFE!
Remember that tattooing deals with blood so make sure all equipment are sanitized and sterilized before lying on the chair. Tattoo salons use two sterilization methods: Auto-plate steam to kill pathogens and chemical fluids that, unlike alcohol, kills 100 percent of all the bad stuff for at least 25 days.

›THE INK MACHINE

ROTARY
This tool uses the same spinning motor you see in toy cars. It makes the needle go up and down, delivering tiny doses of pain to your dermis. It works by the pointillism rule of painting (style in which a picture is constructed from dots of pure color that blend at a distance). It's the same machine used for eyebrow and lip tattoos.

COIL
This one is more complicated to operate. It works by using a series of springs powered by the coil's magnetic energy. It doesn't just make the needles go up and down, it also goes around and in circles.



NEEDLES
These are like the *karayom* your mom stitches with at home, but way bigger. It comes in three standard sizes: 0.25mm, 0.3mm, 0.35mm. The smaller needles are like pencils for detailing while the bigger ones are for shading. The latest needle out in the market is the bug pin. It's so precise, you can tattoo a bug using it. All needles are disposable and should only be used once.

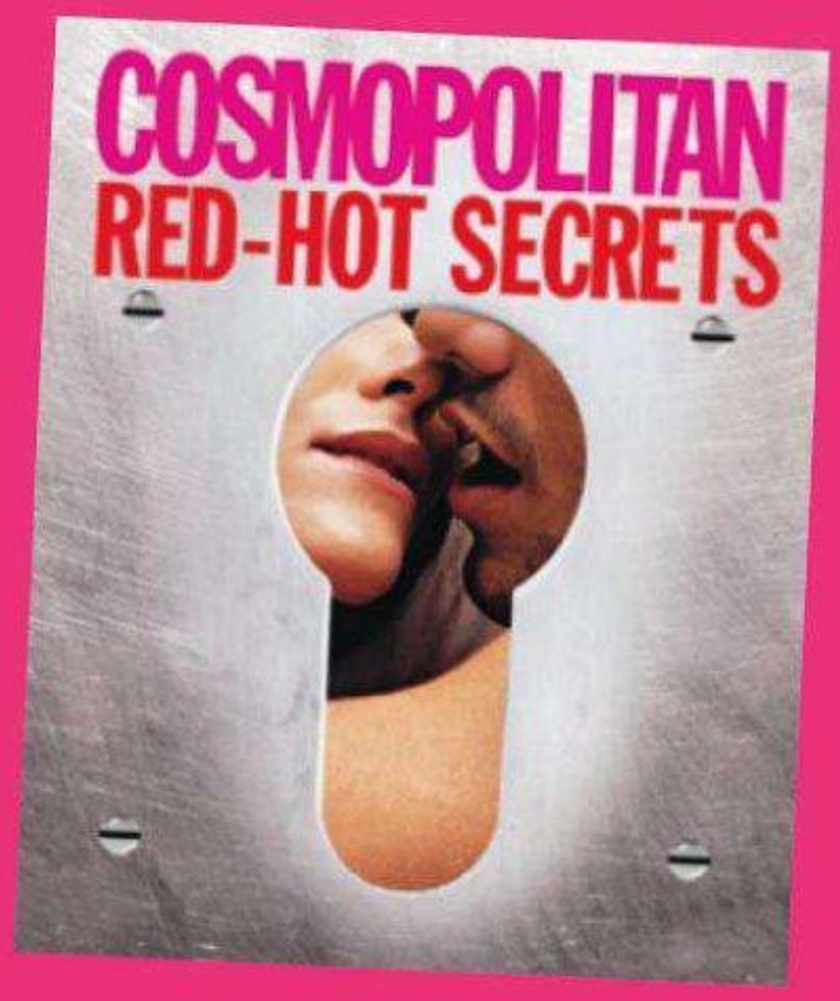
INKS
Similar to paint, it gives out that pretty reds, blues, yellows and black outlines. Inks made in the US are quite pricey. FDA approval is a must to guard against skin irritation. Using low-quality ink will not bring out the lush, vibrant image you look for in a tattoo. But applying Pentel and printer inks are just flat-out stupid, that's a blood infection waiting to happen.

NEEDLE TIPS
Serves as the needles guide to accuracy and precision, without it, you'd be left with unrecognizable ink marks and a bloody forearm.

WORDS: ANTON UMALI; PHOTOGRAPHY: BONG STA. MARIA; DAIRY DARILAG; SPECIAL THANKS TO PINOY BODY ARTS WWW.PINOYBODYARTS.COM; RUEL PATAWARAN OF MAWEH ARTWORKS 09293462452; 2543 TEJERON ST., STA. ANA, MANILA

FIND EVERYTHING THAT HAPPENS BEHIND CLOSED DOORS

UNLOCK SECRETS TO POSITIONS • PROPS • PLAYLISTS



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NEWS OF THE WORLD

THE FORD FIESTA IS HERE. LET'S GET THE PARTY STARTED!

So the Ford Fiesta, deemed by Europeans and elsewhere in the world as the new Volkswagen Beetle in terms of popularity, is finally here. For all the hype surrounding the new global superstar—its ultra-sexy sculpted design and rally-tested ferocity in particular—it should well be. Give it a few months and Philippine roads will be replete with this stunner. But for now, let's skip the technicalities and move on to the fun part.

It didn't take long for us to find out how the Ford Fiesta Sport is best enjoyed. We stumbled upon it on the first night of the test drive, on our way home.

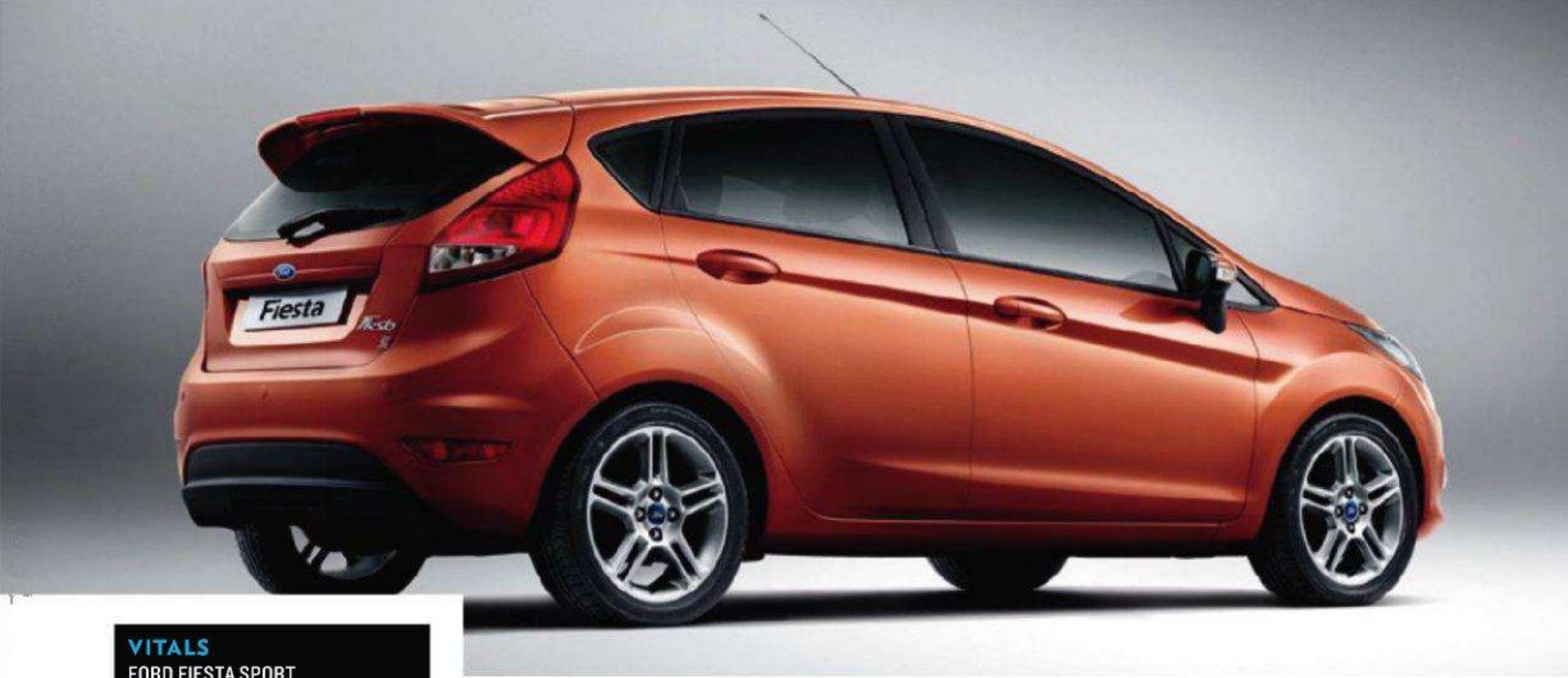
With this writer manning the wheel, our hip, club-loving art director pulled his brand-new iPhone 4 from his pocket. He switched on the Bluetooth connection, paired with the device "Ford Audio" and pressed play on his gizmo.

"*Poppin' bottles in the ice / like a blizzard,*" the Fiesta's speakers blurted out. "*When we drink we do it right getting slizzard / Sippin' sizzurp in my ride like Three 6 / Now I'm feeling so fly like a G6.*" Then followed a loud, thumping sound. So loud we could feel the bass in our hairy chests, yet so clear we could swear there were actual lyrics to the song.

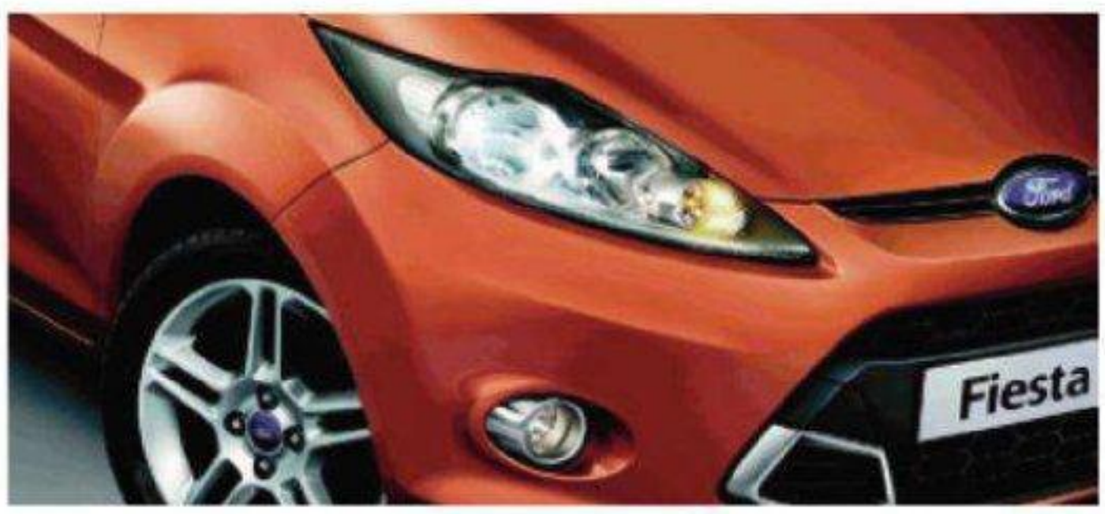
Blasting out of the speakers was Far East Movement's "Like a G6." (The "G6" being referred to in the song was a Gulfstream G650, which, according to Wikipedia, is the "largest, fastest and most expensive business jet produced" thus far.) Not quite sure what the rest of the lines meant—we beer-drinkers couldn't care less about that "sizzurp" thing—but sure we could relate: That night, we were, indeed, feeling so fly like a G6.

It was as if we were inside an enclosed VIP section of Republiq, only moving. It was as if Tim Yap was in the backseat, partying with us along with our favorite covergirls. It was as if there were dangling wires, but there weren't: This is Bluetooth technology, baby!

And with a few button presses, you can use this same technology to connect your mobile phone and make a call to your missus using the car's built-in mic and speakers—just make sure there are no actual *FHM* Babes in the backseat.



VITALS
FORD FIESTA SPORT
Engine: 1.6L, 6-speed PowerShift AT
Max output/max torque: 121Ps@6,000rpm / 151Nm@4,050rpm
Worthy specs: Twin-chamber Halogen headlamps, sport-tuned suspension
Price: Sport 1.6L AT, P816,000 (Trend 1.4L MT, P685,000; Trend 1.6L AT, P766,000)



WORDS: ALEX C. PAITA

DATES FOR OIL

THE 2011 PETRON CALENDAR COLLECTION: SEXY WOMEN AND SEXIER CARS

In need of another trendy calendar (aside from the one bundled with this rag) to occupy a wall in your house/cubicle/wherever you put calendars on? Buy a lubricant.

Petron, the country's leading oil company, offers the 2011 Petron Calendar Collection for every purchase of their lubricant products. It's hot cars posing with hot babes or vice-versa.

The 2011 Petron Calendar Collection is available in three different versions, Petron Ultron (multi-grade oil specially formulated to ensure anti-wear protection and thermal stability), Petron Rev X (premium engine oil designed for diesel engines) and Petron Sprint 4T (specially-designed to meet the requirements of four-stroke motorcycles.) Oil now?

PHONE WARS: QWERTY VS. TOUCHSCREEN

THE BATTLE FOR YOUR BUTTON-PRESSING FINGERS IS ON. WHICH SIDE ARE YOU ON?

When deciding your next cellular handset purchase, a primal question first needs addressing before your confusion over phone branding, specs and design begins: Would your stubby fingers prefer QWERTY or touchscreen? Evidently, the old alphanumeric manner of texting is quickly becoming obsolete and these two new systems are the only way to go. Both emerging mobile phone trends have noteworthy strengths that can make your digital life manageable, but both have inescapable flaws as well. We take a closer look...

QWERTY

WHY IT'S GOOD

The name comes from the first six letters in the second row of a keyboard. From there you can think of the QWERTY keypad as a marriage between a telephone keypad and a PC keyboard. Its real strength, as millions of owners will attest, is the inherently familiar feel of a physical keyboard in front of you. Despite how minuscule buttons are, nothing beats the satisfaction of hitting tangible keys. "I own an iPhone but until now I still can't get used to the learning curve of a touchscreen. Plus, QWERTY keypads are very energy efficient compared to the competition," Edwin Sallan, IT news correspondent, points out. And thanks to that clacking sound in every button press, you avoid the annoyance of repeatedly re-clicking a key. Also, some QWERTY handsets now are starting to experiment with larger keypads to accommodate more areas of your fingertips. Sure, it may look god-awful but functionality and ease are keywords here.

WHY IT'S NOT

Sure, QWERTY wins in the functionality and ease spectrum but expectedly, aesthetics take a serious beating. Another drawback of the QWERTY is the limited features available if you latch on a tangible keypad. Giving up more space means you have to make do with a smaller display screen, a deal-breaker for many. Less screen size means less eye candy and, therefore, less bragging rights for the handset. Bottom-line, QWERTY phones are high performers that happen to look butt-ugly.

NOTABLE QWERTY

Popular in this keypad arena are the feature-packed Nokia E63 and E71 for the mid-level users. The entry-level population can opt for the MyPhone Q22 Duo while the BlackBerry Bold 9700 is for the upper crust. There's one for every social stature but the clincher is really in the look. Aesthetically, they all look alike, making it tough to separate one from the other.

TOUCHSCREEN

WHY IT'S GOOD

The touch technology is opening new doors for innovation and turning tangible buttons obsolete. Who could resist a display screen that turns into a virtual keypad at your command? As Techie.com.ph Review Editor Elijah Mendoza puts it, "Touchscreen can turn into a QWERTY keypad *pero* QWERTYs cannot become a touchscreen." And since you're rolling two features into one with touch-sensitive phones, you get more space to view and a bigger screen size. It's an eye candy for web browsing or viewing videos and images. The button-less phones also tend to look cleaner as well.

WHY IT'S NOT

Still, we're dealing here with virtual keys. "Would you play a piano with the keyboard lid closed? I prefer a keyboard for typing every time," contends Silicon Valley IT director Nic Evans in an interview by popular tech website ZDnet. Often, touchscreen is a hit-or-miss affair. Since you don't have the physical feel of pressing a button, you have to rely on your handset's brains to know if the button-click registered. Even with the new capacitive and sensitive touchscreens, this is still an issue yet to be solved. Another glaring disadvantage is its quality and cost; touch technology is durable but expensive. And if bad luck hits and you managed to screw up the display screen, you're now dealing with two issues: loss of the display and your keyboard. The cost of repair is expectedly higher as you're dealing with a more evolved technology.

NOTABLE TOUCHSCREENS

The iPhone is the most prominent in this line countering Blackberry's QWERTY toys. Also, android mobiles are part of the movement with the powerful Galaxy S leading the herd. There are cheaper variants but they are still a more expensive choice.

WORDS: NEPS FIRMALAN, CARA MAIA TANLIMCO, CHARMAINE Z. CHANCO

WE KNOW IT'S COLD

HERE ARE TECH TOYS TO WARM THINGS UP

IMMERSION HEATER

GET IT: CD-R King
PRICE: P200

Everyone dreads morning showers where the first splash is as cold as the girl who thinks **you** don't exist. Solve that problem with this heater. The product comes with a cord set for easier heat-handling duties. The price of warm water has never been this cheap! Just make sure you put the product in the liquid before plugging it in; you want heat, not an electroshock!

ELECTROLUX MWO EMS2047X

GET IT: Appliance stores
PRICE: P5,700

Take a load off your ladylove's shoulders and make her house duties easier with this microwave that also doubles as a grill. With sleek exteriors that boast easy maintenance, heating up last night's *ulam* for a midnight snack and having barbeque the very next day is a breeze.

USB COOLER AND WARMER

GET IT: CD-R King
PRICE: P380

This is a plug-and-play temperature plate that, unlike the previous model, can switch itself from cool to warm. Fully compatible with all USB sockets and provides the user with an actual iron plate. Use it to heat *pandesal* and then maybe keep your lemonade cool right after. Brilliant!

ASTORIA PERLA SAE/JUN BURGUNDY ESPRESSO MACHINE

GET IT: Appliance stores
PRICE: P215,703

Invest in an espresso machine and there won't be any need for you to go out on dates for a P150 cup of coffee again. With a six-quart boiler capacity, chances of coffee-bankruptcy are slim to none. Its exterior screams posh; it'll definitely keep you and your lady warm.

BASIC USB WARMER

GET IT: CD-R King
PRICE: P100

Plug it to a USB port and get instant heat up to about 50 to 60 degrees. Simple and easy to use. It doesn't need an external power source as it is powered via USB. With a special switch button, you can shift the temperature of the hot plate from hot to warm. The LED indicator lets you know when it is fired up. Cold coffees at work should not be a problem anymore.

WORDS: ANTON UMALI

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TRUE STORIES

TALES OF MISHAPS: MOST WELCOME!

ROMJAY GETS A DIAL GIFT PACK FROM UNISELL

Envious? Then send your entry to: *FHM* True Stories, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer st., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

TISSUE TROUBLES

The *despedida* party of my colleague was a hit. The food was overflowing, the drinks were delicious and the people who came by were equally awesome. I ate a lot and laughed a lot with friends. But when the party was about to end, I felt a sudden rumbling in my stomach. It was pretty intense but it subsided anyway so I didn't mind, charging it to indigestion perhaps. So we said our goodbyes and bid our colleague bon voyage. On my way home, my sister texted, asking me to meet her at the mall so we could have dinner together. Despite my full tummy, I still obliged her since we rarely find time to sit and bond together due to our conflicting schedules. So we sat down in a nice restaurant and ordered, the waiter told us our meal would be served 15 minutes late. We didn't mind the wait so we decided to chat and catch up on life. Ten minutes later, I felt the need to pee so I went to the CR but when I was about to urinate, I felt something coming out of my rear end. It was LBM at full blast. To worsen the problem, I forgot to bring tissue with me. I made a huge mess in the comfort room; I was reeking with feces and didn't know what to do. Hopeless, I saw the trashcan beside me, picked one of the used tissues inside (I didn't even mind that there was disgusting goo on the one I was holding) and used it to wipe my ass. It was gruesome (a humbling experience, even) but it had to be done. Until now, I can't leave home without tissue in my pocket.

Michiko15, by email

CELEBRITY STORIES
ANDI MANZANO

Andi's Tweet entry: "I forgot I was coding today. Hahaha! Toink!"
MMDA Tweets back: RT@MMDA@andimanzano: "ma'am, we hope you will do your civic duty and stay off the road until 7pm since u are coding 2day. Thank you."
Andi Tweets back: "Yes boss! I will be a responsible Filipino!"
Andi's Tweet entry: "Great. The MMDA just tweeted me. *Nakakahiya*! I didn't get caught on the road but *nahuli naman ako sa* Twitter. *Sablay*!"

STORY OF THE MONTH

LOLA LEWDNESS

I went to a bookstore to buy materials for school. I decided to read covers of your magazines and saw the latest cover of *FHM*. While flipping through it, an old woman noticed me and said, "*Diyos ko, ang laswa*!" Shocked, I accidentally dropped the rag on the floor. "*Ayy! Bilog na bilog ang suso niyan oh*!," she pointed out. It was humiliating, people there saw the incident, even the cashier sitting in the counter. Later I came back to the aisle to buy the mag but the old woman was still there, reading a cookbook. When we paid for the materials at the counter, the cashier saw the old woman reading *FHM*. She whispered, "Sir, *si Lola tignan mo, iba na binabasa*!" We were giggling while the cashier was processing our purchase.

Romjay, by email

RUNWAY ROMP

I used to teach in a university in Baguio during the late '90s. I had a female co-teacher who was relatively a fresh grad and it was her first time to teach. She often asked me to go on gimmicks with her so one night, I obliged. We bought tequila and headed out to Loakan airport on my pick-up truck and parked right in the middle of the runway. During those days, security at night was very lax, almost non-existent, and the runway didn't have lights so there were no night flights. It was just the two of us and in the middle of our drinking session the conversation progressed to sex. Not wanting to lose the momentum, I unzipped my pants and guided her head towards my rod, which somehow led to oral play. So I lay on my car matting on the runway. We took off our clothes to proceed to do the deed right there. Imagine our shock when every single light in the runway opened in unison, exposing our naked and naughty deed to the world. All we could do was dress up, ride the car and run off in shame.

brnfckr, by email

FRANCIS WHO?

A couple of friends were at a popular bar in Makati for the Francis M. tribute gig. The place was packed and the music was perfect. I had a few beers and got kind of tipsy when I bumped into this young guy who resembled the late, great Francis Magalona. It was amazing seeing a look-alike of your idol. So I decided to walk up to him and let him know that he looked exactly like the great Francis M. I told him, "*Alam mo kamukha mo si* Francis M. *Sadya ba yan*?" He replied with an awkward laugh and started to scratch his head. Imagine my embarrassment when he said, "*Hindi sadya. Anak kasi niya ako eh*!" Apparently I was talking to Elmo Magalona, Francis M's son. Duh!

bigotilyong_videoboy, by email

ILLUSTRATION: SONNY RAMIREZ

Men are 28% oilier than women.
Men Need
Belo
MEN
Too.
FACE WASH
OIL CONTROL

HAMILTON

THE AMERICAN BRAND SINCE 1892

KHAKI PILOT

Automatic movement
Sapphire crystal
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